

The Planner

The course that gets you started on the journey to being happy - being YOU



This short 4 week course will set you on the right path - the 1st steps to help transform your life & feel happier. Learn how to start to free yourself from going round in circles.

Now is the time to take action, let go of the past, live in the present.

Realise that you are not alone.

If you are going to start somewhere - Start here

What are you waiting for ?

Take The First Steps to Confidence
Start to accept who you are and say
- ' I Like being me '
AND MEAN IT!

NEW COURSE STARTING

29th JUNE 2017
1-3pm for 4 weeks

To register and book a place on this course please contact:

JOANNE ELLIOT

Registered Charity No: 1100976

Company Limited by Guarantee No: 4777720

Support, Encourage, Enable

NHS
East Lancashire