Come along to our wellbeing talks in July!



(entre 33 talks about...

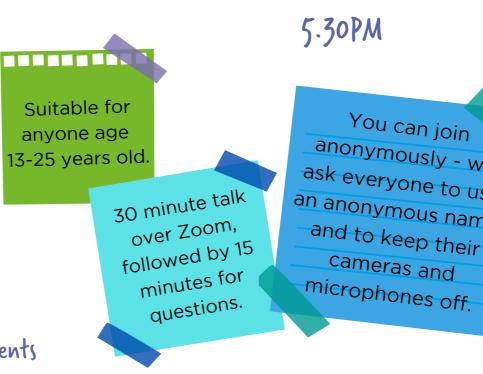
SELF-ESTEEM AND (ONFIDENCE

If you would like to understand more about what can affect self-esteem and confidence, and learn ways to improve how you feel about yourself, then come along to our online talks this month:

PART 1 TUESDAY 19TH JULY @

5.30PM

HOW TO SIGN UP: Scan the QR codes with your phone's camera to get a link to register. or go to the events page on our website www.centre33.org.uk/events



PART 2



TUESDAY 26TH JULY @

anonymously - we ask everyone to use an anonymous name,