

Come along to our wellbeing talks in July!



Centre 33 talks about...

SELF-ESTEEM AND CONFIDENCE

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

PART 2



TUESDAY 26TH 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

Suitable for anyone age 13-25 years old.

30 minute talk over Zoom, followed by 15 minutes for questions.

You can join anonymously - we ask everyone to use an anonymous name, and to keep their cameras and microphones off.