



Personal Development and Wellbeing for Adults 19+ at CARE, Penkridge.

This FREE six week course will help to introduce you to skills and techniques to help you feel more confident and support your next step towards volunteering or work.

Learn new coping strategies to help you deal with change, how to work in a team, communication and listening skills, and an introduction to Health & Safety in the workplace. Create your own personal development plan and use our digital technology to record your ideas and progress.

22nd April—27th May 2022, 10.00 am to 3.00 pm, Friday's

Transport provided from Stafford and Cannock.

**Full details and to reserve a place contact Carol on 07772 273033
email carolparkes@chaseaquaruralenterprise.com**

This introductory course is for Staffordshire residents aged 19+ who are experiencing or recovering from mental ill health or people who have a learning difficulty or unemployed.