



**FREE\***  
**COURSE**

## **Build Your Confidence**

Friday evenings:  
20 January 2017 - 3 March 2017

**6pm - 8pm**

\*£5 deposit (refundable on attending 6 sessions)

A 7-week course to bring out the real you. Learn ways to confidently express yourself, build self-esteem and open doors to the worlds of work, volunteering or community activities.

Please apply before 1 December – an appointment will be made for you to meet the tutor before the group begins.

### **The Counselling Foundation – Training Centre**

**1 College Yard**

**Lower Dagnall St**

**St Albans**

**AL3 6HH**

St Albans City and District Council's Community Grants Fund has generously funded this course as an activity to support local people. We welcome everyone over the age of 18.

Please contact us for a booking form or more details:

[groups@counsellingfoundation.org](mailto:groups@counsellingfoundation.org)

01727 868585

[counsellingfoundation.org](http://counsellingfoundation.org)