



Gateway
Central Services



Hampshire
County Council



Funded by
UK Government

Hampshire Achieves

Boost your confidence & wellbeing



Free courses for ages 19 years plus, living within Hampshire

GCS are offering a free course to enhance your self-confidence & improve your wellbeing.

Our course includes developing assertiveness & setting personal goals. Looking at building a positive self-image, learning effective communication skills & cultivating resilience.

Wednesday 5th March 2025

18:00 to 20:00

Online

x 6 Wednesdays; 5th, 12th, 19th, 26th March, 2nd & 9th April.
All dates to be attended.



Contact us

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