



STEPS Course

Thursday mornings starting 18th January 2024

9.30 until 11.30

Hartcliffe Nursery School and Children's Centre, BS13 0JW

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- Build your confidence and self esteem
- Have time for you to think about your dreams, skills and ideas
- Learn tips and tools to help you stay calm, manage stress or worries and begin to plan what you want to do next
- Begin to put some of your STEPS in place to make things happen or change
- One to one support whilst on the course and when it has finished to continue your STEPS
- Free laptop and WIFI available

Contact : Helen Richards 07760990855/ helen.richards@bristol.gov.uk