

# Resilience



Do you at times experience;

- ❖ Self-doubt or lack of confidence
  - ❖ Panic, worry or anxiety
- ❖ Rebounding from guilt to anger
  - ❖ Feeling down &
- ❖ Wanting to feel better?

## Join us

Thursday Evenings:  
9th November – 7th December  
7:00-9:30pm

Full Price - £225  
Special Discount Price:  
**£125**

Churchgate Primary School,  
Churchgate Street, Harlow

Full refund guarantee.  
Conditions apply.

## Whats On Offer

Enhance  
Self-Esteem



Increase  
Resilience



Thrive

*Our quality of life comes from the quality of our relationship with ourselves*