

How to keep yourself strong and share learning across your community

Do you know how important you are and how you impact on others around you?

If so, this learning opportunity may be for you!

This is an opportunity to participate in workshops aimed at supporting you to build your own inner strength to meet the challenges of life, and support others to do the same.

These workshops will be fun, practical and focus on your own needs, build upon what motivates you and supports learning through sharing ideas. They are open to anyone who lives and/or works in Skelmersdale.



If you attend this initial workshop you will have the opportunity to participate in the following workshops:

Workshop 2: Understanding yourself and how you impact on others

Workshop 3: Making Connections

Workshop 4: Sharing Learning

Venue/dates for workshop 2,3 & 4 to be confirmed.

What will I learn?

Workshop 1:

Keeping yourself strong, this workshop will look at:

- The importance of 'you'
- What is resilience?
- Am I resilient?
- What can I control and change?



Workshop 1 will take place at:

Evermoor Hub, 1 Birleywood, Skelmersdale WN8 9HR.

You can choose to attend on one of the following dates:

Wednesday 23RD March 2016

12md - 3pm

Monday 18TH April 2016

10am - 1pm

Wednesday 20TH April 2016

12md - 3pm



Places are limited

Please contact Allison on: 01695588320
or email: Allison.Sathiyathan@westlancashireccg.nhs.uk
by no later than 11 March to book a place.