

PARENTING COURSE

From 20th April to 11th May 2023

At: YMCA, Woolwich Dockyard SE18 5QG

WEEK: 1 Thursday 20/04/2023	Boost their confidence and self - esteem.
WEEK: 2 Thursday 27/04/2023	Learn basic assertive skills that they can apply to family situations.
WEEK: 3 Thursday 04/05/2023	Increase personal drive, motivation and achieve more goals.
WEEK: 4 Thursday 11/05/2023	Develop their interpersonal skills and communicate effectively. Explore potential, push their boundaries, and become more assertive.

For more Information & Registration Contact:

Lisa on **0203 2607715** or **lisa@hercentre.org**

**PLEASE NOTE: THESE SESSIONS ARE ONLY FOR WOMEN WHO
LIVE, STUDY OR WORK IN GREENWICH BOROUGH**