



Working in partnership with SS&L CIC

Every Monday
7th February 2022 -
21st February 2022
11am - 1pm
Location: Taunton

SOCIAL ANXIETY

- Learn about the 5 ways to wellbeing.
- Scaling and dividing fears
- Awareness of your own safe place
- What is resilience?



ENROL HERE:

<https://www.sslcourses.co.uk/courses/course/social-anxiety-chard-watch-cic/>



Your Potential



Your Voice



Your Way

For any help with enrolling please contact:

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