

LIFE SKILLS COURSE

A new 6 week course delivered by Tracy from the YMCA Inclusive Lives Project .

When: Thursday 13th September Time: 2- 5pm

Where: The Searchlight Community Centre, Kingston Road, KT3 3RX

This course aims to develop social and communication skills, boost confidence, health and wellbeing and to support with making friends.

Places are limited so please register for this course via email

michelle@kingstonmencap.org.uk

or call Michelle on 0208 546 2837

