

Adult, Family & Community Learning Service

**Designed to help you make positive changes
in your life.**

**Communication – the power of listening and being
heard empower yourself – being assertive
Clearing emotional clutter**

Personal Development

6 week course – just £20!

Cantley Community Centre

Tuesdays 6-8pm

***Enrol on Tuesday
7 September at 6pm***

For further information on this and any other courses contact

The AFCL Development Team

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