

Building Confidence For Conflict Situations

For people with learning difficulties

- Do you want to find out how to feel confident out and about in the community?
- Do you want to learn to be assertive?
- Do you want to build your confidence?



Come along to understand what a bully is, and how to deal with bullies.

There will be an active learning session where you will be shown techniques in assertiveness and defence.

Where: Burley house, Rowditch Place. Derby, DE22 3LR

When: Thursday 13th March

Time: 10.00am-3.30pm

Cost: £50 for the day

Note: Please bring lunch! Refreshments are included

Book early to avoid disappointment!

Call: 01332 208 706

Email: s.paine@inspirativearts.co.uk

