

Forthcoming courses in East Caerphilly 2017

March

Stress Control – starting **Tuesday 7th - 5.30pm-7pm** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Confidence Building – starting **1pm-2.30pm Thursday 9th** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Living Life to the Full – starting **5.30-7pm Thursday 9th March** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Confidence Building - starting **2pm-3.30pm Friday 10th** for 6 weeks at Risca Library

Living Life to the Full – starting **3pm-4.30pm Tuesday 14th** for 6 weeks at Risca Library

May

Stress Control – starting **Tuesday 2nd - 5.30pm-7pm** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Confidence Building – starting **5.30-7pm Thursday 4th** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Living Life to the Full - starting **2pm-3.30pm Friday 5th** for 6 weeks at Risca Library

Confidence Building – starting **3pm-4.30pm Tuesday 9th** for 6 weeks at Risca Library

Living Life to the Full – starting **1pm-2.30pm Thursday 11th** for 6 weeks at Groundwork, Bryn Road, Pontllanfraith NP12 2BH

Practical Skills Sessions – Every Thursday and Friday morning 10am-12 – contact Steve Coombes on 01495 222605 at Groundwork

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