

Somerset Mental Wellbeing Service is offering an opportunity to:

Build your confidence through developing:

- assertiveness skills,
- presentations skills,
- techniques to deal with difficult situations,
- action plans & options for volunteering or employment.

“PREPARING FOR THE FUTURE”

is a programme of 4 half-day workshops providing practical support and information.

Funded by SS&L and facilitated by Compass Disability Services, this is a **FREE** programme. It is designed to enable you to become more self-sufficient and regain your sense of independence, choice and control.

Dates are:

Thursdays – 7th, 14th, 21st, & 28th June 2018,

10.00am – 1.00pm at Compass Disability Services in Taunton

7th June – Assertive communication

14th June – Dealing with difficult situations

21st June – Presentation skills

28th June – Forward planning

For more information and to book a place on the programme, please contact Debbie Ovenden at Compass Disability Services:

Tel: 0330 333 0089 / 01823 28 28 23

Or email: debbieo@compassdisability.org.uk