



# CREATE YOUR OWN CONFIDENCE

**GCS** (Formally RCS) are offering a free confidence course helping to support you, through craft, creativity and expression, to understand the effect confidence can have in your personal life.

We will look at exploring the different tools needed to begin improving and building your own confidence, while developing strategies to overcome barriers.

**DATE: Monday 19<sup>th</sup> February**

**TIME: 10.00 to 12.00**

**VENUE: Basingstoke Wellbeing Centre,  
Basingstoke, RG21 5NL**

*X 6 Mondays: 19<sup>th</sup>, 26<sup>th</sup> February, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> March. All days need to be attended*

Contact Basingstoke Mind to book your  
place



Participation &  
Lifelong Learning



Funded by  
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