



CHOICES 4 CHANGE

A brand new 10 week Personal Development Course

Whether you would like to build confidence, become more involved in your local community, find work, learn new skills or just try something new, the Choices for Change course can help you achieve your goals.

The course includes:

De-stressing sessions
Motivational Workshops
Health and Wellbeing
Personal Development
IT for beginners
Recognised SQA and College Certificates

- build confidence • find friendship • develop skills • improve wellbeing • have fun
- learn something new • feel empowered • make healthy choices • raise self-esteem •

Next Course starting 5th February
2019 at the Reidvale Centre, 13
Whitevale Street, G31 1QW.



REIDVALE
HOUSING ASSOCIATION



Interested? Contact the team on:
0141 550 9575 / 9557



Childcare spaces available.
Class times: Tuesday, Wednesday, Thursday, 9.30am-3pm.
Taking part in this course won't affect your benefits.