

## Fresh FACE



Available to book now!

Approved CPD training for anyone who works with children or teenagers.

Thursdays 9:30 -12:30 £58

**CPD accredited with certificate**

Monday  
5th Feb

19:00 -20:00

**FREE**



### FREE SESSION

#### Raising Self-Esteem

Supporting healthy self-worth

Thursday  
1st Feb

19:00 - 21:00

£24



### Supporting a Child with ADHD

Challenging stereotypes, explaining what ADHD is and offering a range of interventions that can make lasting differences.

Monday  
6th Feb

19:00 - 21:00

£24



### Decreasing Depression

Straight forward steps you can take to reduce the symptoms of depression