

2016 Assertiveness Sessions



The Georges Community Centre, West St, Crewe, Cheshire CW2 8SL

- A small, informal group to pick up tips to be more assertive

- ❖ Learn how to say no.
- ❖ To keep your dignity
- ❖ To be less aggressive or passive
- ❖ To express your feelings more confidently

- ❖ **Wednesday 2nd November 2016, Call to Book**
- ❖ **12.30pm – 2.30pm, for 6 weeks**
- ❖ Refreshments provided **£1 Contribution per week**
- ❖ **NEED TO BOOK PLACES. NO CRECHE**

Come along and share your tips, learn new ones and make new friends along the way!



**For more information call our office on
01270 256919**



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