

The Buck Project

Intelligent Kindness

Coping with Change

Course starts

25 July 2019

4 Sessions

9.30 am

To

3 pm

This course will teach you how to cope with change so that you feel less stressed about the future.

Different types of change and how it affects us

The stages of change and how we react

Learning to be in control and improving how we feel

Building resilience so that change becomes easy

Coping with stress and how to get help and support

Developing new skills and becoming more positive about the future

Session Dates:

◆ Thursday 25 July 2019

◆ Thursday 8 August 2019

◆ Tuesday 6 August 2019

◆ Thursday 15 August 2019

**Free &
Fully
Funded**

Funding only available
if you are unemployed
or on a low income

Book with Eventbrite.

For more details, visit our website at

www.buckproject.org or call 01865 598180

Venue

Didcot Civic Hall

Britwell Road

Didcot

OX11 7JN

**CHANGE
IS GOOD.
You go
first!**

