

The Buck Project

Intelligent Kindness

Coping with Change

Course starts

28 Feb 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 28 Feb 2019

◆ Thursday 07 Mar 2019

◆ Tuesday 05 Mar 2019

◆ Tuesday 12 Mar 2019

**Free &
Fully
Funded**

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

Book with Eventbrite.

To obtain a direct link to book email:
courses@buckproject.org

For more information call 01865 598180

Venue

35 Ock Street

Abingdon

OX14 5AG

