

Why not come along to
our support group
Come and embrace a
positive lifestyle

**One day taster
workshop
11th February
11am-1pm**

'If we spend too long
staring at the door that
has just closed, we will
miss the one that has
opened'

'He who asks is a fool for
five minutes; but he who
never asks is a fool
forever'

Attract Positivity to Your Life



'Positive living' is a lifestyle choice

**Do you sometimes feel as though you are on the sidelines in life?
Find it hard to say no to people even when you really need or want
to?**

**Can life sometimes be too challenging, do you feel unheard,
would you like to change the way people see you, or like to turn
your life around and make people sit up and notice you?**

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Community
Resource**