

Learn2b Courses- 2019

Northampton

Course: SLQD01WZ Introvert Survival Guide

Venue: Hardingsstone Village Hall, Northampton

Time: 11:00- 17:00

Date: Sunday 13/01/2019

Course: SLQH01WZ Sleep Awareness

Venue: Moulton Community Centre, Northampton

Time: 10:00- 12:30

Dates: Wednesday 16/01/2019 and 23/01/2019

Course: SLRL02WZ Menopause and Mental Wellbeing

Venue: Venue: Moulton Community Centre, Northampton

Time: 18:00- 20:00

Dates: Every Wednesday from 23/01/2019 to 27/02/2019

Course: SLRB01WZ Managing Stress and Anxiety

Venue: Hardingsstone Village Hall, Northampton

Time: 10:30- 13:00

Dates: Every Thursday from 24/01/2019 to 21/02/2019

Course: SLGA01WZ Art for the Anxious

Venue: Moulton Community Centre, Northampton

Time: 11:00- 16:00

Dates: Sunday 03/02/2019 and 10/02/2019

For further information and to enrol:

E: Learn2b@firstforwellbeing.co.uk

C: 01604 368023

Course: SLQB02WZ Power of Gratitude

Venue: Moulton Community Centre, Northampton

Time: 10:00- 12:00

Dates: Every Wednesday from 20/02/2019 to 13/03/2019

Course: SLGA03WZ The Magic of Collage

Venue: Moulton Community Centre, Northampton

Time: 13:00- 16:00

Dates: Every Wednesday from 20/02/2019 to 13/03/2019

Course: SLRD01WZ Mindfulness for Beginners

Venue: Hardingstone Village Hall, Northampton

Time: 11:00- 14:00

Dates: Every Thursday from 28/02/2019 to 28/03/2019

Course: SLGA02WZ Art Medicine

Venue: Moulton Community Centre, Northampton

Time: 11:00- 16:00

Dates: Sunday 10/03/2019 and 17/03/2019

Kettering

Course: SLRE01WZ Rest, Re-Energise and Retreat

Venue: Corn Market Hall, Kettering

Time: 10:00- 16:00

Date: Saturday 26/01/2019

For further information and to enrol:

E: Learn2b@firstforwellbeing.co.uk

C: 01604 368023

Wellingborough

Course: SLQD02WZ Introvert Survival Guide

Venue: The Victoria Centre, Wellingborough

Time: 10:30- 12:30

Dates: Every Saturday from 09/03/19 to 23/03/2019

Please continue to the next page

For further information and to enrol:

E: Learn2b@firstforwellbeing.co.uk

C: 01604 368023

Learn2b Open Days 2019

Come along and experience a variety of the sessions that are offered by Learn2b. You will get the opportunity to talk with our tutors, exploring the ways that our programme can help you to improve your mental and emotional wellbeing.

Wellingborough

Venue: Wellingborough Library

Time: 11:00- 16:00

Date: Thursday 14/02/2019

Northampton

Venue: Moulton Community Centre

Time: 11:00- 16:00

Date: Friday 15/02/2019

Corby

Venue: Kingswood Neighbourhood Centre

Time: 11:00- 16:00

Date: Saturday 16/02/2019

Kettering

Venue: Corn Market Hall

Time: 11:00- 16:00

For further information and to enrol:

E: Learn2b@firstforwellbeing.co.uk

C: 01604 368023

Date: Sunday 17/02/2019

FURTHER COURSE INFORMATION TO FOLLOW IN THE NEW YEAR.

For further information and to enrol:
E: Learn2b@firstforwellbeing.co.uk
C: 01604 368023