

Struggling to handle life's ups and downs?

You need a...

Boost

a free 6 week course to
improve your wellbeing



Boost your:

Mood - Thinking - Relaxation - Assertiveness
Confidence - Motivation - Understanding
Communication - Activity - Sleep

“
This course
has changed my
life. I sleep better
and feel more
confident.
”

Session 1 – Thursday 14th March 2pm to 4pm

Session 2 – Thursday 21st March 2pm to 4pm

BlueSci – Partington Library and Wellbeing Centre, Central Road, Partington, M31
4FY

Find out more about course dates and
times at www.selfhelpservices.org.uk
Or call Self Help on 0161 226 3871.

SelfHelp
Peer Support