



Are you a Mum in need of a **NEW YEAR BOOST?**

Come and join us for our 11 week self-esteem course*

When? Our 11 week course runs every **Thursday from 12th January 2023**
(Excluding School Holidays) 12:45-2:45pm

Where? The Croft Hall. Hungerford. Berkshire. RG17 0HY

What is BOOST? Would you like to learn how to be more assertive, improve your self esteem & understand why we do some of the things we do and explore ways to break the cycle?

We support Women with low self confidence or low self esteem to...

- **Feel happier more often by recognising positive and negative things in life**
- **Confidently express your needs and wishes**
- **Feel calmer in challenging situations**
- **Make positive changes to your life**
- **Learn how to take time out for yourself**
- **Meet others who understand how you feel**
- **Know that you are worth it!!**



How do I book? Contact Marie Beasley on 01488 682628 or email mbeasley@hungerfordnursery.w-berks.sch.uk

*We are pleased to offer this course Free of Charge so don't miss out, book today and get that **BOOST!***

**For parents and carers of Children aged 0-5 years*

