Adult Learning Workshops

Havant Family Support Service, in Conjunction with RCS, are Offering these FREE Workshops for Parents / Young Adults (19 year olds plus):

Confidence Building for a Confident You

Date: 19th & 20th June
Time: 12.00-3.00pm
This Course will Cover:
This unique course will support people to feel more confident about themselves and their personal life goals. The course includes confidence building, motivational techniques and the space to consider the future.

Employability Skills Workshop

Date: 12th & 13th June
Time: 12.00-3.00pm
This course will cover:

- Improving confidence in the workplace
- Understanding how to communicate with others
- How to set goals that help work progression and trying something new

Managing Anxiety Workshop

Date: 22nd & 23rd May
Time: 12.00-3.00pm
This course will cover:
This is a course aimed at understanding what anxiety is and how to minimise the negative effects of it, by developing positive coping strategies and daily maintenance plans.

First Aid for Parents

Date: 5th & 6th June
Time: 12.15-3.15pm
This course will cover:
Basic first aid skills to help deal with minor accidents and elements and how to deal with emergencies.

All the Workshops are being held at :
Sharps Copse Family Centre, Prospect Lane, Havant, Hants, PO9 5PE

To book: Please email **Clair.Emery@hants.gov.uk**, with **name of person attending and contact number**.
Upon first session there will be a short form to complete for enrolment, which staff can support with.