'You Matter' Workshop

Stop making room in your life for people that do not deserve you

Are you ready for a positive change in your life?
The purpose of these workshops are to educate, empower and inspire by raising awareness of self-respect. They are aimed to break down your own unhelpful barriers and open up paths towards self-worth.
You can't change your past but you can certainly change your future!

- Week 1 - Know and like yourself before you start a new relationship
- Week 2 - Know your self-worth - changing negative patterns
- Week 3 - Changing your inner dialogue
- Week 4 - Self-care plan including mindfulness
- Week 5 - Creative writing - rewriting your past but taking charge of your future

Start Date: Tuesday 7th January 2020 10am to 12pm
End Date: Tuesday 4th February 2020 10am to 12pm

Please contact Ayse Adil to reserve your place. Places are limited. Tel: 02083636262
email: ayse@familybasedsolutions.org.uk

Venue Address:
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