

Uplift Course

Coming Soon!!!!

Are you aged between 13–16? Do you want to be more confident?

Please contact EASE to book your place

2 hour sessions, 1 evening a week for 6 weeks—to be held locally)

Call : 020 8575 6139 to register

- ◇ Confidence Building
- ◇ Self Awareness
- ◇ Coping Mechanisms
- ◇ Self Esteem
- ◇ Assertion skills
- ◇ Aimed at Young Women

Ealing Survivors Group

