

Resilience

What if we already have everything we need
inside of us?

This course is for young people aged 12 - 18

It will help to:

- *Build resilience*
- *Overcome personal challenges*
- *Realise potential*

(Parents can accompany)

5 weeks starting on Monday 16th September, 7 - 8.45pm

@ Mary Cotton Hall, St Johns Church Centre,
High Road, Buckhurst Hill IG9 5RX

To book call 020 8508 6743

or email spark@worthunlimited.co.uk

