



# **Build your confidence at:**

# **THE CONFIDENCE CLUB**



**For:**

**12 – 16 year olds**

**Discussions and Workshops on:**

Anger Management  
Effective Communication  
Assertiveness  
Peer Pressure  
Goal-Setting  
& Lots more

**WEEKLY SESSIONS (TERM TIME ONLY)**

**STARTING:**

**THURSDAY 24<sup>TH</sup> SEPTEMBER**

**4.30pm – 6pm**

**Cost: £2.00**

London Lifeline Academy 72 – 74 Uxbridge Road,  
Hanwell, London W7 3SU

(APPROX 20 METRES FROM GOLD'S GYM)

For more info, call Laurie on: 07947 940 695

or email: [info@thinkagain-personaldevelopment.co.uk](mailto:info@thinkagain-personaldevelopment.co.uk)