

TRAINING OPPORTUNITIES

Information and Advice Drop-in

Southmead Development Trust and Weston College and working in partnership to bring a range of new training opportunities to the people of North Bristol.

Courses on offer include:

Living in the Community

- Accessing Support, Health and Leisure Services
- Developing Assertiveness
- Pet Care
- Volunteering

...and many more options

Finding Your Strength / Future You

- Mental Health Awareness and Goal Setting

Employability

Changes for Life

- Personal Development
- Citizenship and Life in Modern Britain
- Teamwork and Confidence
- Achieving Your Goals

Community Solutions

Improving your skills in:

- Literacy
- Numeracy
- IT
- Managing your Wellbeing and Resilience

Courses are flexible and can be studied to fit around your lifestyle and existing commitments. All courses are FREE to study for most people.

**Courses start running from
19th April 2022**

**Information and Advice Drop-in
Session**

**10am to 1:30pm Friday 8th April
Greenway Centre
Southmead**



**WESTON
COLLEGE**

Contact us on 01934 411147 or email employmentsupport@weston.ac.uk for further details