



# Second Thoughts East Yorkshire

FREE WORKSHOPS

COMMENCING SOON IN HULL  
FRIDAYS 9.30AM TO 12 MIDDAY - FOR  
4 WEEKS

CONFIDENCE BUILDING, ANXIETY  
MANAGEMENT, ASSERTIVENESS,  
VALUING YOURSELF

For more information or to reserve a space:

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[www.secondthoughtseastyorkshire.btck.co.uk](http://www.secondthoughtseastyorkshire.btck.co.uk)

[www.facebook.com/stey2015](http://www.facebook.com/stey2015)



Reg. charity 1162624

