

**FREE
COURSE**



BUILDING CONFIDENCE AND RESILIENCE

with Wirral Met College

Discover key tips and skills to improve your confidence and resilience in a supportive group setting.

COURSE DETAILS:

DATE: Wednesday 11th December

TIME: 10am - 2:30pm

PLACE: Spider Project, 56 Hamilton Street, Birkenhead, CH41 5AE

This course is free to complete and won't affect your benefits.
Book your place with the Spider Project.



Spider Project

