

CONFIDENCE WORKSHOP

Join us for a special workshop on confidence and resilience, led by Richard Wiseman, in celebration of Learning Disability Week!



Monday 16 June



10am–12pm



**Bromley Scout Hut,
15 Prospect Place,
Bromley, BR2 9HL**



This year's theme is "Do You See Me?", which is all about being seen, heard, and valued. This session will explore how building confidence and resilience helps people feel recognised and respected for who they are.

Please contact us by telephone or email to book your place.

PHONE

020 8466 0790

EMAIL

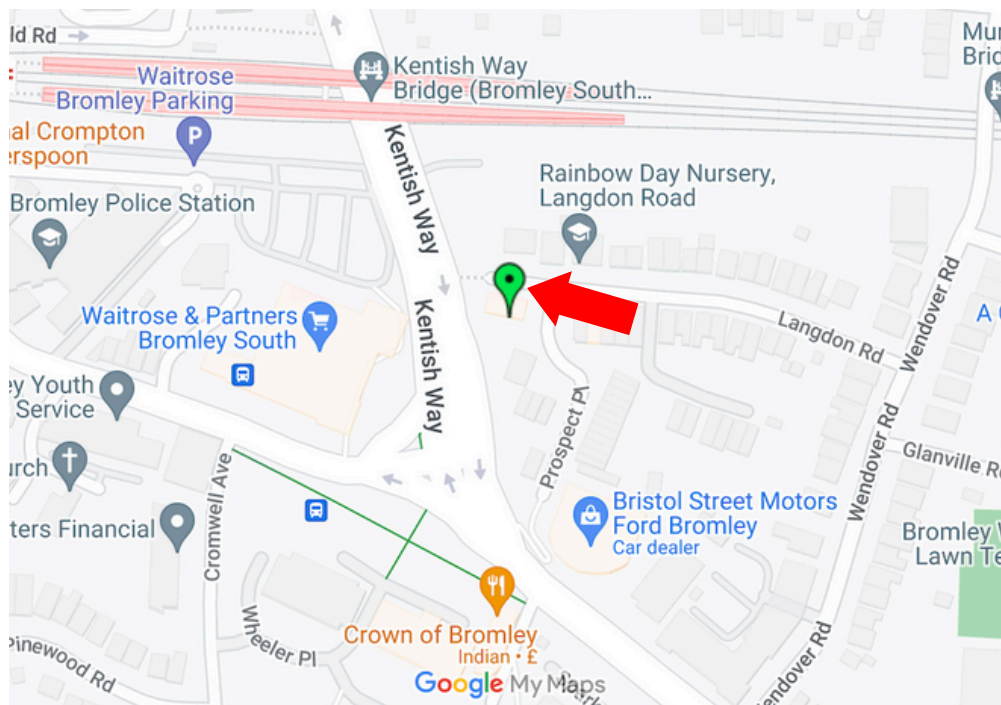
Chetan.raval@bromleywell.org.uk

Map and directions

Bromley Scout Hut/Shop, 15 Prospect Place, Bromley, BR2 9HL



The Bromley Scout Hut is a short walk (about 7 minutes) from the Bromley Mencap office.



Our goal is to empower individuals with learning difficulties to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.