

CONFIDENCE WORKSHOP & DROP IN

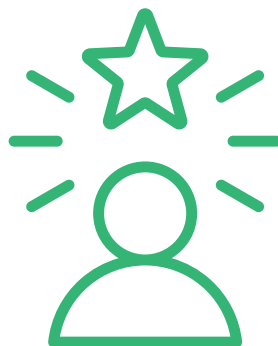
Learn strategies to feel more confident in social situations



Monday 17th June



11am to 1pm



**Bromley United Reformed Church,
The Verrall Hall, 20 Widmore Road,
Bromley, BR1 1RY**

We will be joined by Richard Wiseman, Disability Employment Advisor from Bromley Well. Richard will be discussing confidence and ways to combat social anxiety. Refreshments will be provided. The workshop will run from 11am-12pm, followed by a drop in from 12-1pm. Booking required.

TELEPHONE

020 8466 0790
07421106922 or 07938 740361

EMAIL

chetan.raval@bromleywell.org.uk
caroline.hackett@bromleywell.org.uk

Map and directions

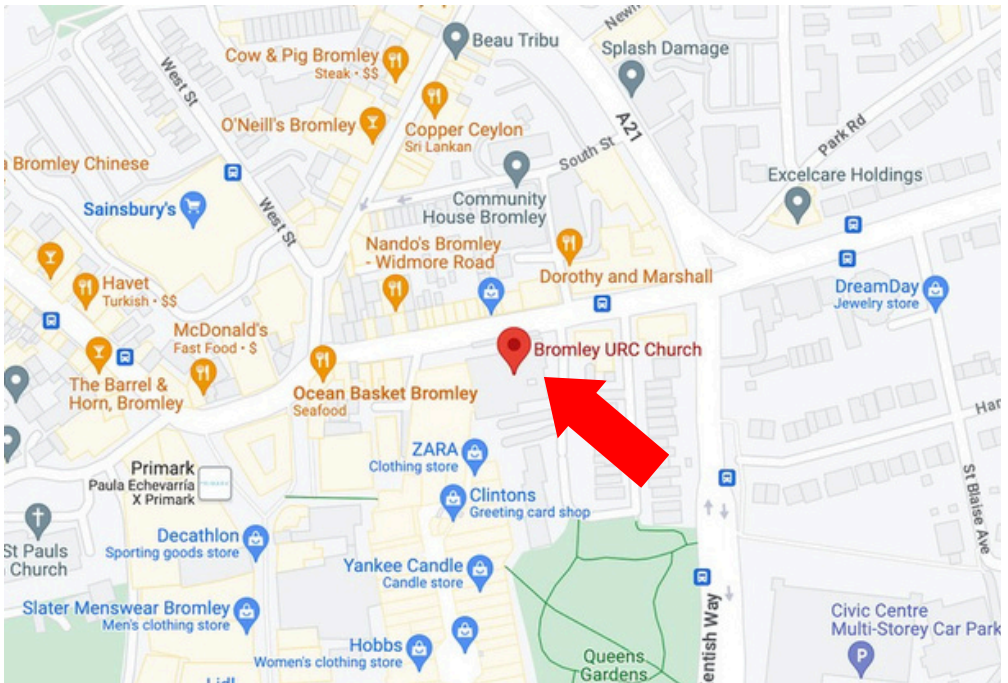
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



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