

**A Negative Attitude is
a matter of choice:-**



**Choose Your Own
Lifestyle!**

**See How Your
Feelings Affect Your
Family!**

**Take Control!
Feel Great!**



**For More Information
And Book Your Place!
Contact**

**Jan Watson 07761866473
Crèche available**



**Get tips To Help You
Through Everyday Life!**

**Get into
Learning...**

**—FOR—
FAMILIES**

**Get a Kick Start to Your
Family Life!**

**10 week Course for Women
Parent/Carers**



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Inspiring families to learn, work and grow together

Learn locally with Derbyshire Adult Community Education Service
www.derbyshire.gov.uk/adulteducation



DERBYSHIRE
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Improving life for local people

Get Coping Strategies
to Improve Your
Families Self Esteem!



Pick Up Tips on How
to Manage Stress!

Get Tips on How to
Make Difficult Decisions

Learn How to Cope
With Life's Ups and
Downs!

In a friendly,
relaxed group, over
Tea and Coffee!

Crèche Available



Be More Confident!

Low Self Esteem is
Not Something You
Have to Live With!



Find Out How a
Positive Out Look
Will Help You Feel
More Confident!

Develop A
Winning Attitude!