

# Positive Me!



Self-esteem workshop for young people aged 10+ held over 5-weeks in January & February 2020

These workshops will be held in our Wellington and Shrewsbury venues as follows:

**Beam in Wellington**

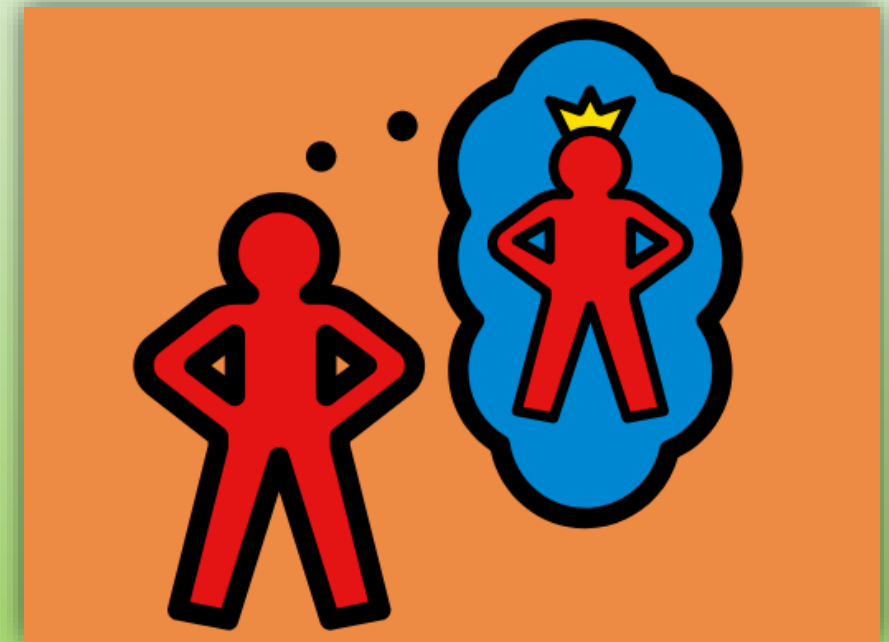
Mondays 4.30-5.30pm

13th, 20th, 27th January 2020 and 3rd & 10th February 2020

**Palmer's Café**

Thursdays 4.30-5.30

16th, 23rd, 30th January 2020 and 6th & 13th February 2020



Booking not required. First come first served. Max. 6 participants. Workshop will not run with less than 2 young people.

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

# Positive Me!



Self-esteem workshop for young people aged 10+ held over 5-weeks in January & February 2020

These workshops will be held in our Wellington and Shrewsbury venues as follows:

**Beam in Wellington**

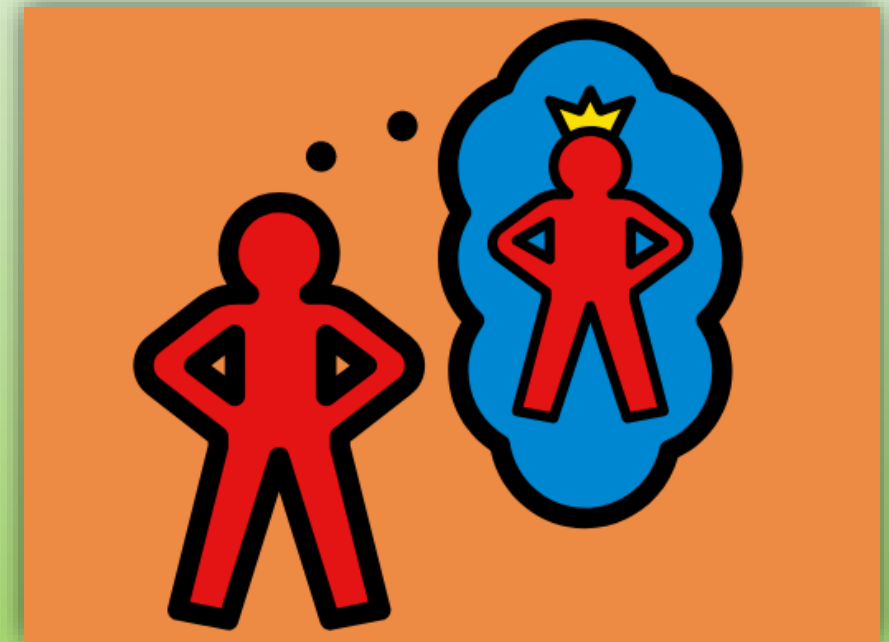
Mondays 4.30-5.30pm

13th, 20th, 27th January 2020 and 3rd & 10th February 2020

**Palmer's Café**

Thursdays 4.30-5.30

16th, 23rd, 30th January 2020 and 6th & 13th February 2020



Booking not required. First come first served. Max. 6 participants. Workshop will not run with less than 2 young people.

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

# Positive Me!



Self-esteem workshop for young people aged 10+ held over 5-weeks in January & February 2020

These workshops will be held in our Wellington and Shrewsbury venues as follows:

**Beam in Wellington**

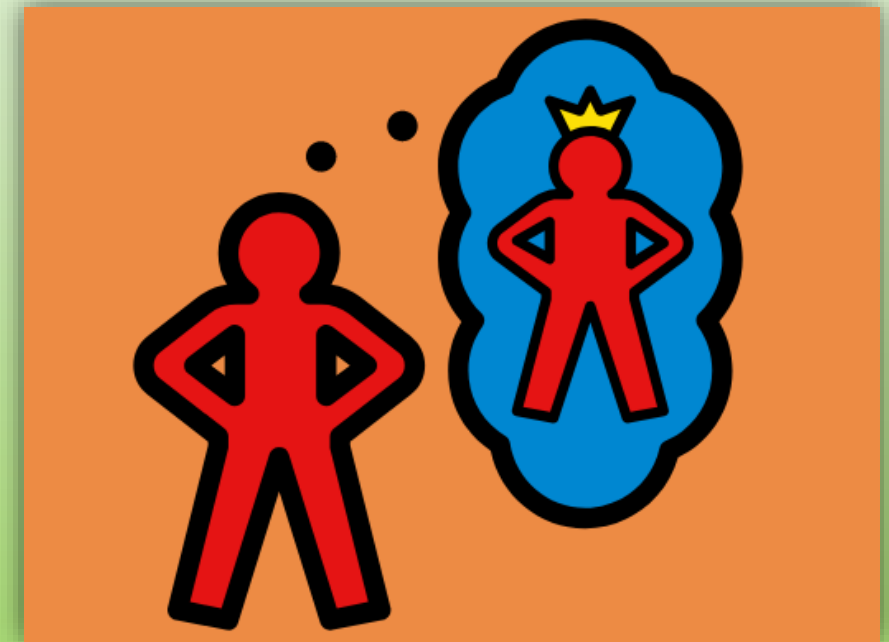
Mondays 4.30-5.30pm

13th, 20th, 27th January 2020 and 3rd & 10th February 2020

**Palmer's Café**

Thursdays 4.30-5.30

16th, 23rd, 30th January 2020 and 6th & 13th February 2020



Booking not required. First come first served. Max. 6 participants. Workshop will not run with less than 2 young people.

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

# Positive Me!



Self-esteem workshop for young people aged 10+ held over 5-weeks in January & February 2020

These workshops will be held in our Wellington and Shrewsbury venues as follows:

**Beam in Wellington**

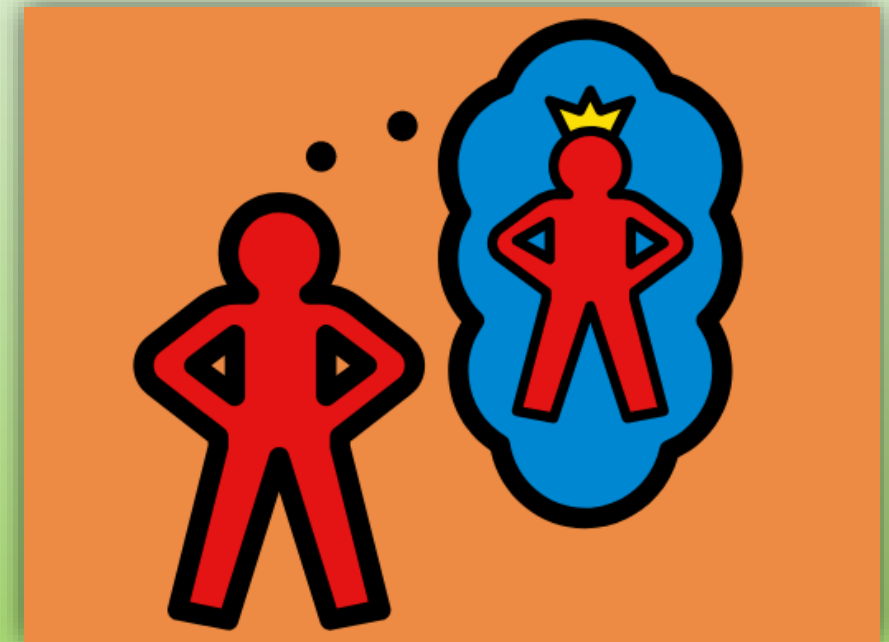
Mondays 4.30-5.30pm

13th, 20th, 27th January 2020 and 3rd & 10th February 2020

**Palmer's Café**

Thursdays 4.30-5.30

16th, 23rd, 30th January 2020 and 6th & 13th February 2020



Booking not required. First come first served. Max. 6 participants. Workshop will not run with less than 2 young people.

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)