

# (ESOL) Look after your Social Wellbeing

Provided / Operated by:

**North Yorkshire Council - Adult Learning & Skills Service**

Wellbeing courses can be useful to everyone. Our 'Social Wellbeing' course will support you have a sense of belonging, stability and inclusion.

Through the Social Wellbeing course, you will build confidence in speaking and listening as well as recognising that communication is important to connect with others. You will learn the importance of building healthy, supportive relationships and genuinely connecting with others around you....

 **Course Address:**

This is an Online Course

 **Days & Dates:**

Thursday: 6:00pm - 8:00pm  
4th June 2026 to 2nd July 2026

 **Contact Details:**

**Phone:** 01609 536066

**Email:** [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

 **Costs:**

Free

 **Childcare:**

No

 **Children allowed:**

No