

(ESOL) Look after your Social Wellbeing

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:**

Wednesday: 9:30am - 11:30am
3rd June 2026 to 1st July 2026

 **Childcare:**

No

 **Costs:**

Free

 **Children allowed:**

No