

Pathways to Confidence and Wellbeing

Provided / Operated by:

Infinite Skills

Gentle community-led wellbeing programme supporting adults and young people from BAME communities facing stress, low confidence or barriers to work. Free sessions take place indoors and outdoors.

 **Contact Details:**

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 **Days & Dates:**

Course starts 12th January 2026

 **Costs:**

Free

 **Childcare:**

No

 **Children allowed:**

No