

THE BRIDGE



COMMUNITY EDUCATION CENTRE

The Bridge Community Education Centre

Lucraft Road, Brighton BN2 4PN
Tel 01273 294929/30 Fax 01273 293667
email staff@bridgecommunity.org.uk
www.thebridgecommunityeducationcentre.co.uk

A Company Limited by Guarantee No.
4179358 Registered Charity No. 1100405



SUSS OUT YOUR SKILLS

Not sure what you want to do next?
Need some help finding a direction?

Then our 4 week programme may be just what you are looking for:

Week 1 Do you want that feeling that 'whatever happens I'll be able to handle it'? Build trust in yourself with some simple techniques to help you.

Week 2 Do you want to be more assertive and stand up for yourself? We will look at why we behave the way we do and look at ways to change our behaviour.

Week 3 Do you really recognise the skills that you have already got? Use our online step by step guide to create your own skills account.

Week 4 Do you want some support with deciding what you want to do next? Look at how your many life experiences could help you find the direction you want.

Wednesdays 12.30 – 2.30pm

For more information call The Gateway Team on 294930

