

Developing YOU

A FREE online course to help you cope better with day-to-day activities

Starts Oct

- Manage stress in daily living
- Improve your health and well-being
- Learn tips when applying for work
- Use technology to learn new things
- Get health and employment support
- Meet local people from your area

This course is for people currently out of work, it will not affect any benefits you may receive.

Sign up at: bit.ly/3gc8grj

For more information contact:

For Armley, Bramley, Farnley, Wortley or
Burmantofts, Chapeltown, Harehills, Richmond Hill:

Call - 07581011349

Email - info@learningpartnerships.org.uk

For Osmondthorpe, Gipton, Killingbeck, Seacroft:

Call - 0113 213 6813

Email - reception@theoldfirestationgipton.org.uk

