

# Have your day to day demands impacted your confidence?

**Our 'Steps to Confidence' group will give you the tools you need to make a positive change.**

**Food & refreshments provided along with a £10 gift voucher upon completion!**



**LANCASHIRE  
WOMEN**



**Preston**  
City Council



Active  
Lancashire

**MOVE  
FORWARD**

**Whether you took a career break to raise a family, devoted your time to caregiving or have a long-term health condition, we understand the unique challenges you face.**

Our 5-week 'Steps to Confidence' group will help you to...

- Build your confidence and set healthy boundaries
- Learn resilience & coping strategies
- Develop your communication skills
- Set goals & create action plans

### Start dates:

- Monday 26th February 10:30am till 12:00noon at The Intact Centre, Ingol PR2 3YP
- Monday 26th February 1:00pm till 2:30pm at Plungington Community Centre, PRI 7NB
- Friday 1st March 12:30pm till 2:00pm at Ribbleton Family Hub, PR2 6EE



*Get started!*



**LANCASHIRE  
WOMEN**

Registered Charity: 1100976

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    @LancashireWomen