



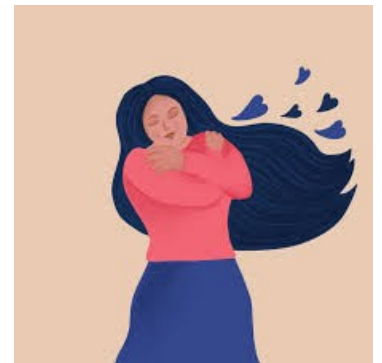
## Confidence Building at FWT



Would you like to develop self confidence and self esteem, and learn about your wellbeing in a small group for women?

Confidence Building is back at FWT from Friday 3rd February. This is a six week short course on the following dates:

- Friday 3rd February 2023 10am—12noon.
- Friday 10th February 2023 10am—12noon.
- Friday 17th February 2023 10am—12noon.
- Friday 3rd March 2023 10am—12noon.
- Friday 10th March 2023 10am—12noon.
- Friday 17th March 2023 10am—12noon.



For more information and to book on please contact  
Faye Pettitt 07538092997 or email [faye.pettitt@fwt.org.uk](mailto:faye.pettitt@fwt.org.uk).

@FWTCov #CovWP