

The First Step Forward Learning Hub

Upcoming Courses for 2018



Designed by Paula H & Stuart J, Chelsey Learning Champions

Course Title	Date and time	Venue
 Recovery College Induction Session FREE	Thursday March 1 st . 10.30am-11.30am	Chelsey Community Library 
Recovery College Exploring Confidence Free with eligibility	Thursday March 8 th 10.30am-1.30pm	Chelsey Community Library
 Soha Get Online Sessions FREE	Wednesday 18 th and 25 th April 10.30am-1.30pm	Chelsey Community Library
 Cholsey Complementary Health Centre Introduction to Self-Massage workshop Free	Thursday 3 rd May 12.00pm-2.00pm	The Happy Hub Children's Centre 
Introduction to Mindfulness and Meditation Workshop Free	Thursday 17 th May 12.00pm-2.00pm	
Introduction to Healing and Energy Protection Workshop Free	Thursday 21 st June 12.00pm-2.00pm	

Also Coming Up.....Dates to Be confirmed

Level 1 Counselling, Baby & Child First Aid, Internet E-safety, Poetry & Photography, Recovery college courses, Introduction to NLP, plus many more!

We aim for all course to be free or at low cost to the learner, all donations towards future courses are gratefully received!

For further information or for details on how to book your place on any of the courses please email us on thefirststepforward@hotmail.com

Find us on face book www.facebook.com/thefirststepforward

or on twitter [@thefirststep10](https://twitter.com/thefirststep10)

Interested in joining our team of dedicated Community Champions? Want to get more involved in your community? We would love to hear from you!

Abingdon
& Witney
College

Ladybird
FIRST AID