

The First Step Forward Learning Hub



All our courses are open to anyone over the age of 18. Cost eligibility is connected to some course providers.
please contact us on the details below to sign up or for more information

Spring Term Timetable

Course Title	Date and time	Venue
 Get Online Session FREE	Wednesday 25 th April 10.30am-1.30pm	Cholsey 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	
Recovery College Induction session Free with Eligibility	 Thursday 3 rd May 10.30am-11.30am	Cholsey Community Library

Looking ahead: Summer Term

**Recovery College Benefits of pets Free with eligibility	Thursday 7 th June 12:00pm-3:00pm	The Happy Hub Children's centre
Lady Bird First Aid Baby and child First Aid session	Thursday 28 th June 12:00pm-2:00pm	The Happy Hub Children's centre
**Recovery College Exploring Confidence Free with eligibility	Thursday 4 th July 10.30am-1.30pm	 Cholsey Community Library

****You will need to attend the recovery college induction to attend these courses**

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