

BE HAPPIER, SLEEP BETTER, DO MORE AND FEEL MORE CONFIDENT

8

Fun
friendly
sessions

In just eight, enjoyable 90-minute sessions, this programme can help you make a difference to your life.

With the help of a FREE little book and expert guidance at each session, you'll be able to sort out your feelings when you're fed up, worried or hopeless and you'll learn skills that help you tackle problems in your life.

You'll also meet new people and have a lot of fun!

12
HOURS
THAT CAN
CHANGE
YOUR
LIFE

Want to know what makes you tick? This enjoyable, interactive session will help you understand your feelings and what to do about them!

WHY DOES
EVERYTHING
ALWAYS GO
WRONG?

If that thought sounds familiar, this session will teach you how to get control of your thinking and stop bad thoughts for good.

I CAN'T BE
BOTHERED
DOING
ANYTHING

We've all said this to ourselves when feeling down. This session helps you break out of the cycle and start to feel great again!



I'M NOT
GOOD
ENOUGH

How come other people seem so confident? Learn their secrets and get to like yourself again!

THE
THINGS
YOU DO
THAT
MESS
YOU UP

Get back in control of your eating, drinking, smoking, spending ... anything!



HOW
TO FIX
ALMOST
EVERYTHING

This amazing session reveals the Easy 4-Step Plan—a way to fix your problems and achieve your goals that has worked for thousands of people (and there's an elephant!).

ARE YOU
STRONG
ENOUGH
TO KEEP
YOUR
TEMPER?

This session teaches you everything you need to control your temper and improve your happiness and relationships.



10 THINGS
THAT MAKE
YOU FEEL
HAPPIER
STRAIGHT
AWAY

The last session sums everything up and then shows you how to be happier, fitter and maybe even a bit slimmer very soon! (silly glasses provided)



Tim Iechyd Parc Cafa
C P H T
Cafa Park Health Team



Home
Start

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Support and friendship
for families

Next course is starting in January 2018 in The Salvation Army building. Childcare available on site.

If you would like to attend or to find out more about this course please ring the Home Start office on 01978 366 660 or text Lucie on 07341 567029.