



**FREE
COURSE**

BEHAVIOUR AND SELF-AWARENESS

with Wirral Met College

On this four-week course is aimed at improving your self-awareness and understanding behaviour. You will explore a range of interesting topics including personality traits, key features of positive mental health and strategies that can help to control and manage behaviour.

COURSE DETAILS:

DATE: Wednesday 11th September - Wednesday 2nd October (4 Weeks)

TIME: 12:30pm - 2:30pm

PLACE: Spider Project, 56 Hamilton Street, Birkenhead, CH41 5AE

This course is free to complete and won't affect your benefits.
Book your place with the Spider Project.

