Re:vive

Mondays

9:30am - 2:30pm

A chance to begin resolving past issues and make plans for the future in a safe and informal environment.

Explore self-belief, mental wellbeing and roots of behaviours.

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FREE CERTIFICATED COURSES

Drop in on Friday afternoons to start your journey...

www.shekinah.co.uk

shekinah
building lives and futures

Re:develop

Tuesdays

9:30am - 2pm

Learn how to deal with:

Stress / Anger

Relationships

Anxiety / Depression