

christians
against
poverty

CAP

life skills

Our Life Skills course at St Marks Church has been running since 2018. We have seen people empowered to better manage their money, make healthier choices and become more confident. This is through group learning and 1:1 coaching. Members will meet new friends in a relaxed environment as they work towards their own goals. Topics include:

Budgeting & money saving tips

Cooking from scratch

Health and wellbeing

Stronger relationships

Getting the best deals

And more...



ST MARK'S
CHURCH

Free 9 week course

Limited places

Two course meal

Next course starting on:

Mon 12th Sept 2022 at 7pm

At: St Marks Church Hall

Redhouse Lane

Bredbury SK6 1BX

Booking Essential

To make a referral please contact

Kate Hughes on

07305 318598

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