

CAP Life Skills

A friendly group that builds confidence and decision-making skills



Wednesday Evenings, 7-9pm Starting September 22nd

All Hallows Church, Councillor Lane, Cheadle

If you want to stay on top of your household bills, see your money go further, eat well on a budget or grow in self-confidence then CAP Life Skills is for you! It will teach you real ways to save time, money and hassle in your day-to-day life. You'll learn practical skills from our trained coaches alongside like-minded people in a relaxed and fun environment.

CAP Life Skills is an eight session course to teach you practical money saving techniques, such as cooking on a budget, living healthily and making your money go further. We will also give you top tips for dealing with life's pressures and helping you take control of the future. These sessions will be set in a relaxed environment with a mixture of practical activities and informal discussions.

To find out more, go to CAPUK.org and search for Life Skills, or email CatherineJohnson@CAPUK.org

Book your FREE place by going to Eventbrite and searching 'Cheadle Life Skills'

ALL HALLOWS CHURCH, COUNCILLOR LANE, CHEADLE, SK8 2JG