

## Using the LLTTF series class resources

### BOOK NOW

to learn how to deliver a popular life skills program supporting people to discover how to improve how they feel when they are low or stressed, and learn skills that help them deal with problems in their lives.

**SUPPORTER COURSE**  
Helping you to help others  
[www.gmlifeskills.com](http://www.gmlifeskills.com)

TYPE COURSE  
INFORMATION HERE

10.00am – 3.00pm

**Time/Date:**

Thursday 20th January 2021

**Cost:**

Free

**Location:**

FC United, Broadhurst Park, 310  
Lightbournes Road, Moston M40 0FJ

**Contact:**

Presenter: Alice Solomon

Please book by clicking [here](#)

