



Unlocking

your potential



Online course SQA in Improving Wellbeing

Building
Confidence and
Self Esteem

For Parents
and Carers

Free
Course

Investing
in Yourself



Tuesday 20th January

09.30 to 11.30

(term time only) 8 week course

Online course

To book a place or for more information contact Lorna at
lorna.mcaleer@westlothian.gov.uk or call or text 07385115183

westlothian.gov.uk/adultlearning



West Lothian
Council