



# Unlocking your potential



## Online course SQA in Improving Wellbeing

Building  
Confidence and  
Self Esteem

Free  
Course

For Parents  
and Carers

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](mailto:lorna.mcaleer@westlothian.gov.uk) or call or text 07385115183

[westlothian.gov.uk/adultlearning](http://westlothian.gov.uk/adultlearning)



West Lothian  
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