

Session 1  
April 3rd

Session 2  
April 17th

Session 3  
May 1st

Session 4  
May 15th

Session 5  
May 29th

All sessions run  
from **2-4 pm**


Hey! Come and meet some of the **Amazing Futures** team at the Eastbourne Job Centre Plus.

**Are you aged 14-25 and have additional needs?**

Join us as we run a few workshops based around what we like to call **the five ways to wellbeing.**

What's that about?  
Turn over and find out more...

The **Job Centre Plus** can be found at the following address:  
St Anne's House, 2 St Anne's Road, Eastbourne BN21 3XX



## The five ways to wellbeing?

What's that about?

It's all about **looking after yourself** and being your best self

At the workshops you can learn stuff like: what is **volunteering** like? And how do you get involved? Why not **learn a new skill**, such as active listening, have some fun learning interview skills and **try out new activities** like wellbeing collages, healthy smoothie making and more? Job Centre staff will be on hand to help.

Why not start this year as a **more confident** version of yourself?

**Call Claire on 07484915038 to book your place**

**We can't wait to meet you!**