

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

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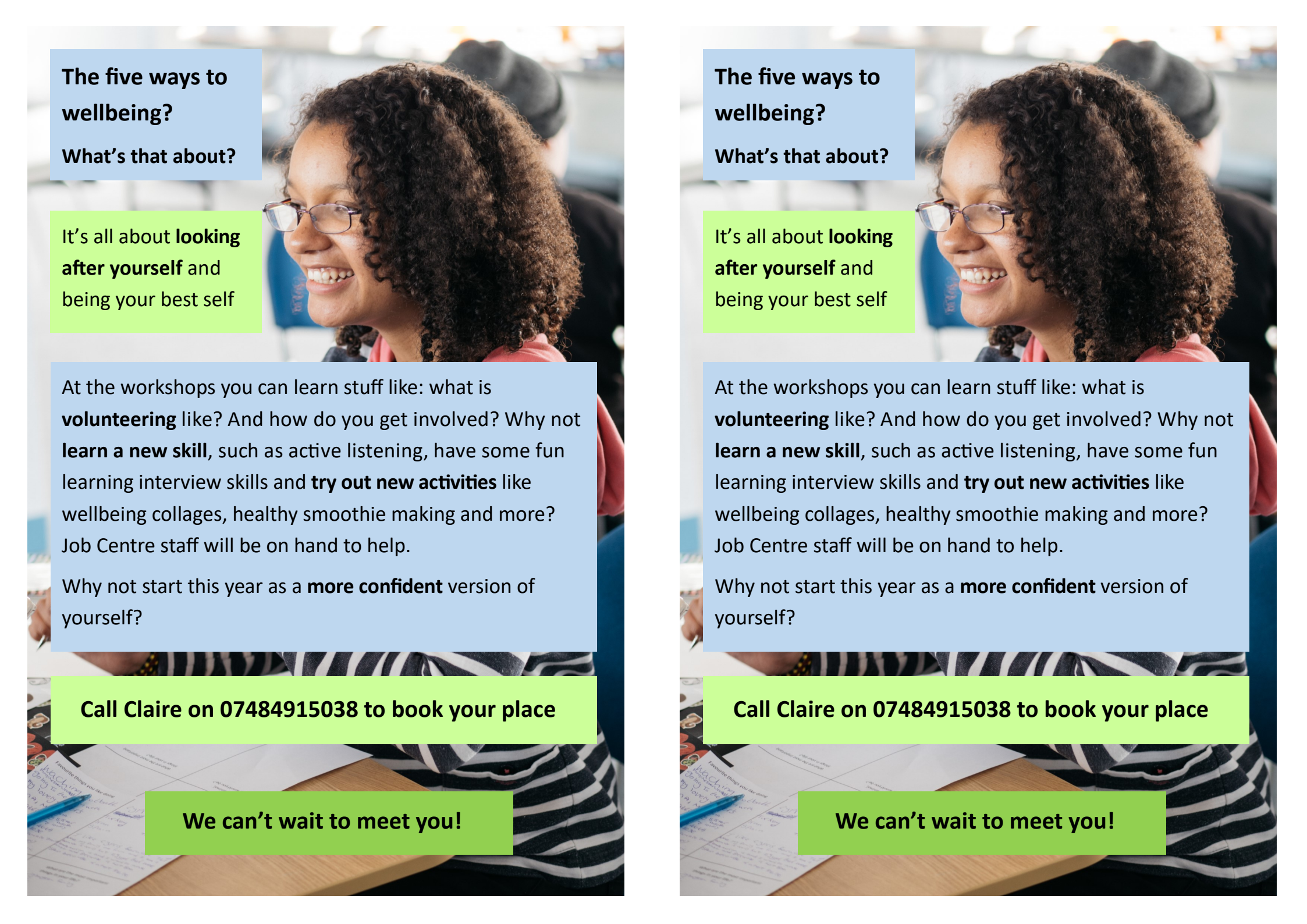
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The five ways to
wellbeing?

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!

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