

Participants  
enjoy lunch  
@ 12.30pm

# SKILLS CAFE



MANNA HOUSE

*Housing Advice, Advocacy and Support*

Wednesday Workshops@ Manna House

## Winter Schedule 2014

**8th January**

10am—12noon

**Get Fit**

*Replace that sluggish post-holiday feeling with an energetic session*

**15th January**

10am—12noon

**Assert Yourself**

*Practice saying no, speaking up and getting what you want in life*

**22nd January**

10am—12noon

**Creative Writing**

*Express yourself in poetry and prose with Jill Clough*

**29th January**

10am—12noon

**Basic First Aid**

*Learn the basics of routine and emergency care. This essential course will have a prompt start time—there is so much to cover!*

**5th February**

10am—12noon

**Budgeting with Nina**

*Our own Nina Bale will be delivering this two part session*

**12th February**

10am—12noon

**Budgeting with Nina**

*Part 2 of putting together and managing a small but effective budget*

**19th February**

10am—12noon

**Space2Create**

*The makers of junk jewellery lead this exciting new session*

**26th February**

10am—12noon

**New Games**

*New Games are part of high energy non competitive play—  
if you had fun, you won!*

Please let Manna House staff know if you plan to attend.