

<p>Monday 20th October 10am – 1pm</p>	<p>Drugs & Alcohol Awareness Training A 1 day course delivered by ASCERT, a charity providing services that address the impact of alcohol and drugs related issues that affect people's lives.</p>
<p>Monday 3th November Time to be confirmed</p>	<p>Life Coaching & Personal Development Information Session A short introduction to what Life Coaching is all about. Life Coach Helen McKillen will outline the benefits and limited number of 1-2-1 sessions will be available to book after the event</p>
<p>Monday 10th November 11am – 1pm</p>	<p>Belfast City Council Recycling Plant Recycling saves energy protects the environment and can save you money. Come along to this guided tour of the Blackstaff Recycling Centre and find out more.</p>
<p>Monday 24th November 10am-1pm</p>	<p>Quarries Farm This is a fantastic opportunity to visit a community farm. Growing Connections (GCNI), on the farm aims is to bring together people and empower them to promote their own well being by engaging them as a team, creating something worthwhile and experiencing the outdoors together. This visit is for anyone wanting to explore possible voluntary options which will be supported by WOMEN'STEC</p>
<p>Monday 8th December 10am-1pm</p>	<p>First Aid Basic Training Meet at WOMEN'STEC 9.45am, the training will take Place in Groundwork NI Duncairn Gardens (a short walk from our offices) Strictly 15 places available</p>

To book an event contact Gemma or Niamh at reception

E: info@womenstec.org or T: 028 9074 9810

Crèche available if required

