

INSPIRE WELL WOMEN PROGRAMME



Midaye Somali Development Network

&

Al-Hasaniya Moroccan Women's Centre

Is pleased to announce the joint delivery of

SELF ADVOCACY TRAINING

For Kensington and Chelsea residents

SELF ADVOCACY TRAINING will improve:

- ✓ **Self esteem and Assertiveness skills**
- ✓ **Communication and Listening skills**
- ✓ **Conflict prevention and Negotiation skills**
- ✓ **Stress Management skills**

The Training will take place on the following days at Al-Hasaniya

Time: 10:15am – 1:30pm

Monday 18 June 2012

Monday 26 June 2012

Tuesday 19 June 2012

Tuesday 27 June 2012

Wednesday 20 June 2012

Wednesday 28 June 2012

Childcare is available,
but places are limited to a first come basis

To register please call:

**Filsan Ali: Midaye Somali
Development Network**

Tel: 0208 969 7456

**Esma Dukali: Al-Hasaniya Moroccan
Women's Centre**

Tel: 0208 969 2292