

Is this you?

Would you like to get out more, meet new people and try some new activities?

Are worries and concerns stopping you living the life you want?

But you feel a bit stuck, a bit lonely, not sure how to go about making the change and just need a bit of encouragement?

Then the Chorlton Good Neighbours
Positive Living Project
may be for you.

We're offering a free programme of 12 weekly sessions for small groups of people like you.

Each week, there will be a get-together for a friendly, relaxed, informal discussion over a cuppa or two, led by Debra. Participants will learn and share ways of coping with everyday challenges, developing confidence, resilience and a more positive outlook.

Where the sessions take place

The sessions will be based at Chorlton Good Neighbours premises at Wilbraham St Ninian's Church, Wilbraham Road, Chorlton or at other convenient location

If you are interested in finding out more, please contact

Helen Hibberd,

Co-ordinator

Chorlton Good Neighbours

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helen@chortongoodneighbours.org



**Debra McCallion is
a skilled life coach
and trainer who
brings a combination
of professional
expertise and
everyday common
sense to all
she does.**

What other participants have said

'The course reminds me to make sure
I do meet new people, try new situations
and get out and about, as I do
sometimes stay in too much'

'A reason to get up in the morning
to get out the house'

'I am more positive, feel better about
myself''

'Given me the belief that my problems
can be solved'

I can take small steps towards a better
future'



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The Positive Living Project

