



Online Class Schedule April 2023

Building Confidence – 19 April 10am Building Resilience 3 April 1pm

Improving Motivation – 11 April & 20 April 10am

Art of Relaxation – 17 April 1pm & 24 April 1pm

Coping with Change – 12 April 10 am

Reassess Your Stress – 6 April 1pm & 27 April 1pm

Boosting Self-Esteem – 14 April 1pm

Financial Wellbeing – 26 April 10am

All classes are free for Glasgow residents to attend. Book your place on the [Lifelink website](#) or [Eventbrite](#).