

Café Connect

... Bringing People Together in your local community

Caddington Community Workshops

Live Well - Creativity

Introductory workshops that highlight the major concepts of the creative process in a concise, simple and efficient way. Gather an overview of how the human mind limits creativity and provides tools to overcome it.

Challenge yourself to look at the world differently and think out of the box

3rd May - 10th May - 17th May - 24th May

Live Well - Wellbeing

The course is designed to help you build esteem, confidence and manage anxiety. These fun workshops help you break out of negative cycles you may find yourself in. Learn tools and techniques each week to manage these symptoms.

31st May - 7th June - 14th June - 21st June

Live Well - Healthy Living

Discover topics which are designed to give tools to lead a healthier and happier life looking good mental attitudes and lifestyle changes. Help tap into your full potential and engage in positive health changes.

28th June - 5th July - 12th July - 19th July

FREE every Friday between 1pm and 4pm

Collings Well Hall, Chaul End Road, Caddington LU1 4AS

Interested?

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NOAH
ENTERPRISE



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency

