

Café Connect

... Bringing People Together in your local community

Dunstable 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

9th May - 16th May - 23rd May - 30th May

Live Well - Wellbeing

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

6th June - 13th June - 20th June - 27th 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.

4th July - 11th July - 18th July - 25th July

FREE every Thursday between 1pm and 4pm

Grove Corner, 76A High Street North, Dunstable, LU6 1LE

Interested?

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NOAH
ENTERPRISE



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency

