

# Community Links Scotland - Volunteer Programme

## Information Event on free courses Monday 10<sup>th</sup> June 2019 6-8.30pm

## Do you fancy taking up free courses learning in an informal setting

- Get yourself out of the house
- Learning to increase your confidence levels in your own ability
- Learning coping strategies for life and work
- Participating in workshops that look at recycling and up-cycling
- Gaining qualifications
- Learning about you

There's a lot of different courses and workshops to choose from, please come along and hear about them.

### WHEN IS IT ON

Information night - Monday night 6-8.30pm 10<sup>th</sup> June

### WHERE IS IT BEING HELD

At 63 Kilbowie Rd, Clydebank

### NO COSTS INCURRED

Travel expenses are reimbursed.

### PLEASE CONTACT

- Phone Janette Devlin or Lisa Lees on **0141 952 4382**
- Email [janette@comlinks.org.uk](mailto:janette@comlinks.org.uk) or [lisa@comlinks.org.uk](mailto:lisa@comlinks.org.uk)
- By post: Community Links Scotland, FAO Janette Devlin, 63 Kilbowie Road, Clydebank G81 1BL



## “Routes to Grow” Course

The Volunteer in Progress Programme is recruiting now for the next “Routes to Grow” – A ten week Personal Development Course

### The Course

This is a blend of personal and professional development workshops that focuses on you

### Course Content

This **Personal Development** course is about enhancing your own potential, creating **self-awareness** and strengthening your own skills, the workshops help develop your talents and potential, being in the workshops allows you to build social connections, make goals and work towards them, enhance the quality of your life and think about your own hopes.

Some of the topics covered are as follows:

- Positive pathways
- Who are you
- Power of Words
- Assertiveness
- Reframing your perceptions
- Your emotions
- Communication
- Loneliness & Isolation

### Date & Times & Place

The workshops will be run in

63 Kilbowie Rd, (upstairs from Citizens Advice Centre ) Monday evenings 6.9pm starting 17<sup>th</sup> June 2019

### Entry Requirements

This programme is for people who are thinking about getting involved or may be interested in Volunteering within their community. The participants **must be able to commit** to the workshops and bring an open mind....

### Cost

This course is free. All participants travel costs can be covered.

### How to Apply

Phone Janette Devlin or Lisa Lees on 0141 952 4382 or Email [janette@comlinks.org.uk](mailto:janette@comlinks.org.uk)