

Courses take place in Brunswick,
M13, or on Zoom.

Contact to sign up or refer



DO YOU WANT TO DEVELOP YOUR
CONFIDENCE IN A CREATIVE &
SUPPORTIVE ENVIRONMENT?
IF YOU ARE 19+, THIS COULD
BE THE COURSE FOR YOU!
UP TO £50 LEARNING
ALLOWANCE AVAILABLE

 *The LAB has given me
confidence, self-belief, and a
lot of hope for my future."*

LAB Wellbeing - Confidence, Self-Esteem & Personal Wellbeing

Induction: Friday 21st February, 12-2pm

Course: Monday 24th - Friday 28th February, 10am - 3.30pm

Plus: £25 voucher, £5 travel expenses per day. Brunswick M13



LAB Life Taster - Wellbeing against the cost of living

Taster: Tuesday 25th February, 10am - 1pm

Plus: £5 voucher, £5 travel expenses, lunch included. Brunswick M13



LAB Volunteering - Skills for Volunteering and Employment

Induction: Friday 28th February, 12-2pm

Course: Monday 3rd - Friday 7th March, 10am - 3.30pm

Plus: £25 voucher, £5 travel expenses per day. Brunswick M13



**Contact Engagement Team for more details, refer or sign up:
07754 854 528 or manchesterLAB@properjob.org.uk**