



Adlerian College  
of Wales

# Skills for Life and Well-Being



## ‘Croeso cynnes i bawb’

A rolling programme of 4 or 8 week courses to improve your wellbeing, boost your confidence, self awareness and gain skills for life.

**Haverfordwest Community Learning Centre off  
Dew Street, Haverfordwest, SA61 1ST  
on **Fridays** from 10-12pm**

**Sessions run from 4<sup>th</sup> May - 29<sup>th</sup> June 2018**

**This course is free of charge**

**THEME: IMPROVING RELATIONSHIPS @ HOME AND WORK**

**Call:** 01834 860330

**Email us at:** [office@adleriansocietywales.org.uk](mailto:office@adleriansocietywales.org.uk)

**Website:** [www.adleriansocietywales.org.uk](http://www.adleriansocietywales.org.uk)

**Visit us at:** Anderson House, 56 St James Street Narberth SA67 7DA

The Adlerian Society of Wales An organisational member of the British Association for Counselling and Psychotherapy BACP

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