

## Courses starting in 2020

Please contact NSPF on 01934 426086 or email [info@nspf.co.uk](mailto:info@nspf.co.uk) if you would like to attend a course.

They are held at Locking Castle Church.

Please do not just turn up as if the course is full you may be asked to leave.

### Social Skills

**February** Wednesday 5<sup>th</sup> February  
**5** 10:00am-12:00pm  
6 Weeks

### Sex, Relationships and the Law

**March** Monday 2<sup>nd</sup> March  
**2** 2:00pm-4:00pm  
4 Weeks

### Keep Safe

**March** Wednesday 4<sup>th</sup> March  
**4** 1:30pm-3:30pm  
4 Weeks

### Self Esteem

**March** Thursday 5<sup>th</sup> March  
**5** 10:30am-12:30pm  
4 Weeks