



Lone Parents
in Hyndburn

'Find the New You'



12 Week Course for
**Lone Parents
In Hyndburn**

At The New Era, Paradise Street,
Accrington

10am - 12 noon

Information,
advice and
guidance

Training & Volunteering
Improving Self-Esteem
Stress Management

Confidence
Building

**Every Tuesday from
30th November to
14th December 2010**

10am - 12noon

**Relaxation &
Confidence Building**

**Every Tuesday from
11th January 2011 to
8th March 2011**

10am - 12noon

**Training & Volunteering
Complementary Therapy**

Tel. 01254 232426

e-mail: hayley@hyndburncommunitynetwork.org.uk

www.hyndburncommunitynetwork.org.uk



HYNDBURN
The place to be
an excellent council - as rated by the audit commission

Funded through the Working
Neighbourhood Fund

Hyndburn
community network
Your Community... Your Voice