

Free 6 Week Course



CAP Life Skills

This Spring we are running Christians Against Poverty's Life Skills course over 6 sessions. The course is designed to help you:

- Create a budget
- See your money go further
- Stay on top of bills
- Grow in self-confidence
- Improve your relationships

Sounds good, right? Join our friendly community group and gain skills to lift the pressure of life on a low income.

For any questions or to book your free place contact:

Simon on 07933 348307 or email torfaen@capuk.org

Course info (booking required):

Thursdays, 12:30pm, from 3rd February

including break for half-term (23rd Feb)

Meeting at Hill City Church, Emmaus Chapel,
Freeholdland Road, Pontypool, NP4 8PA

