



# Preparation for Volunteering

Fully-funded course open to people aged 18+, regardless of mental or physical ability, who wish to gain confidence and hopefully go on to volunteer.

Topics include self-esteem, assertiveness, communication and more. Priority for places will be given to people with mental health and/or support needs.



## Course Starting

## Tuesday 25 February 2020

2 pm - 4 pm

Every Tuesday until 31 March

## 6 x 2 hour sessions each Tuesday

Venue: Gosport Voluntary Action, Martin Snape House,

Places are allocated following a brief informal meeting, where any questions will be answered or concerns addressed

Successful applicants will be invited to a short Welcome Session on Monday 24 February

To find out more contact 02392 583836 or [govolunteer@gva.org.uk](mailto:govolunteer@gva.org.uk)