

COMPASS

LUNCH TIME

STUDENT DROP IN SESSIONS

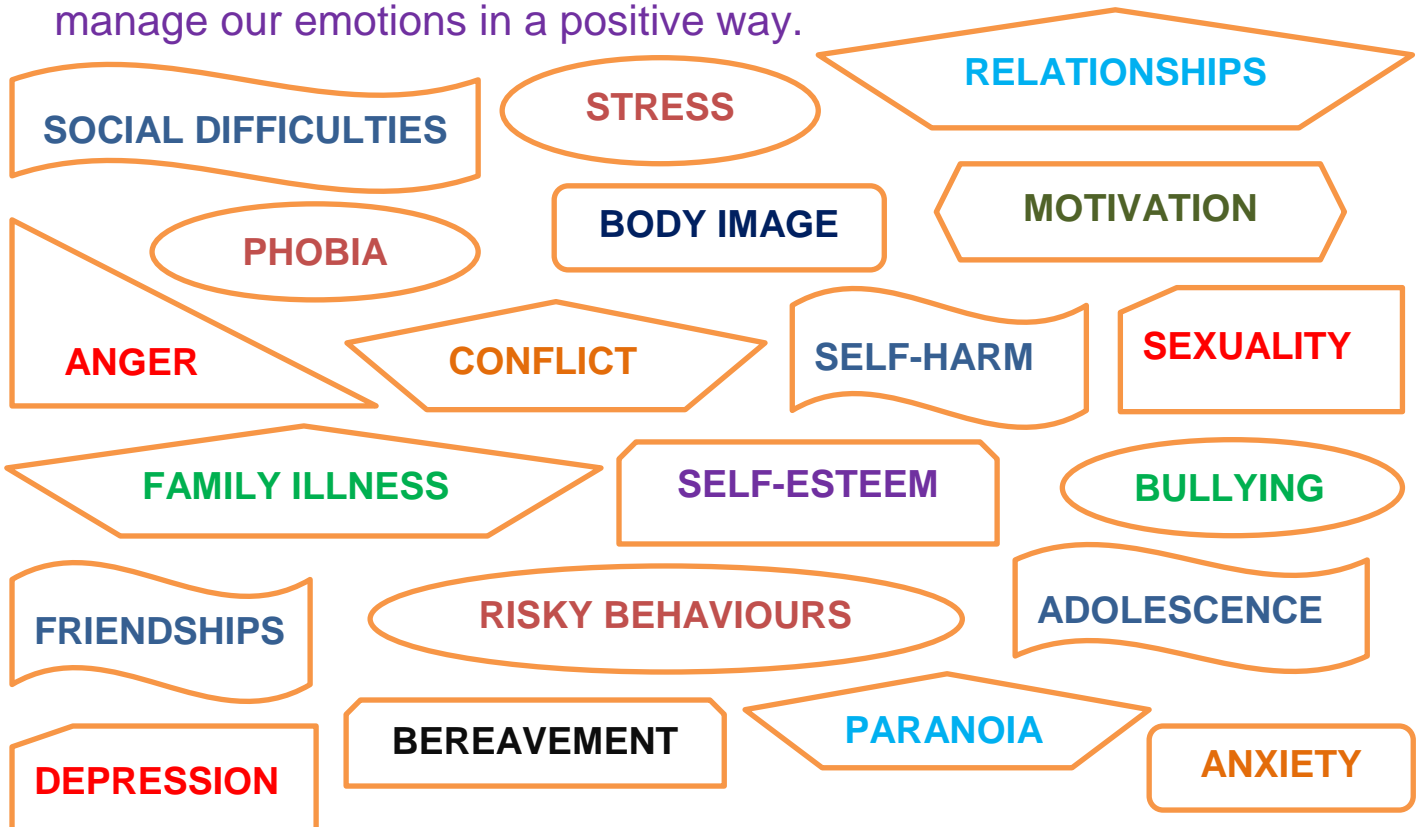
MONDAY – THURSDAY

12.30 – 1.15PM

CHANGE
your thoughts & you
CHANGE
your world.
-Norman Vincent Peace

How we feel can affect our lives in different ways.

Although we often cannot change the life experiences we go through, we can change how we react to these experiences by learning how to manage our emotions in a positive way.



DROP IN FOR A CHAT- ITS TIME TO TALK

Mrs Purton BEST Worker and Student Trainer