

develop your relationships

spectra
relationships



Learn how you and other people of all ages tick & by joining our unique spectra orange programme



- manage emotions
- self awareness
- relatives & family
- how men tick
- how women tick
- get on with others
- assert yourself
- confrontation & conflict
- deal with bad behaviour
- learn how to say no
- social confidence
- social skills

all for just **£72** for 12 weeks
or **FREE** for spectra members

spectraorange

for more information, visit the website at
www.spectra.org.uk or call 01752 774200

held at | morgan's | unit 69 christian mill business park | plymouth | pl6 5ds

