

## Give More to Get More

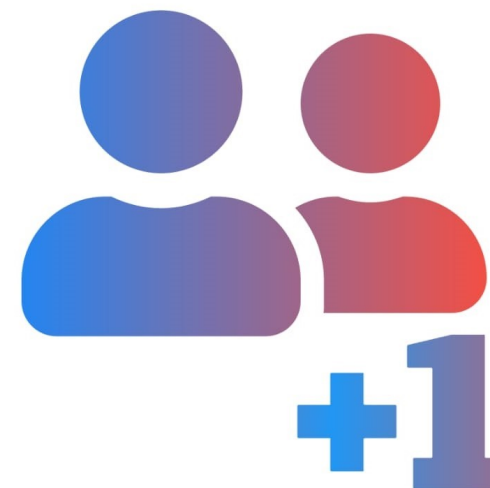
We believe that in relationships, you get out what you put in.

Are you a young man aged between 16 - 24 ?

If you would like to understand more about your behaviour in relationships and learn the skills to help you build a healthier relationship, then this programme might be for you .....

### Want to know more?

Give us a call on **(0113) 3781610** and we can answer any questions



## An online programme to help young men in their relationships

Are you a young man aged between 16-24?

Are you interested in building positive relationships?

The first +1 programme will begin on Monday 2nd November 2020 and will run for 6 weeks. The dates for +1 will be:

Monday 2nd November    Monday 9th November  
Monday 16<sup>th</sup> November    Monday 23<sup>rd</sup> November  
Monday 30th November    Monday 7th December

Each session will held between 5:30 and 6:30pm