



open door trust
Charity number 1122050

open door church
LOVING GOD LOVING ONE ANOTHER



The Open Door Trust & Open Door Church in partnership with CAP are running the following **free** course:

Money Budgeting

22nd, 25th, 29th September & 2nd October
13:30 - 15:00

6th, 9th, 14th & 16th October
13:30 - 15:00

5th, 12th, 19th & 26th November
19:30 - 21:00

For more information, please complete the 'Get in touch' form at <https://www.opendoortrust.com> or contact Ken Pullen at kenpullen@opendoortrust.com or on 07847 354155



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christians
against
poverty

CAP

Kickstart - Let's talk about you

All Kickstart sessions can be accessed as one-off's or as a block and will run at 13:30-14:30 or at 19:30-20:30 on the dates shown.

*Participants will require internet access preferably via a laptop/PC.

Health & Well-being

3rd September - A Healing You

10th September - Handling Habits

17th September - Anxiety and worry

24th September - Handling loss

Job Hunting

1st October - Discovering your strengths

8th October - Writing a CV

15th October - Interview skills

Money Management

22nd October - Making your money go further

5th November - Lifting financial pressure

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