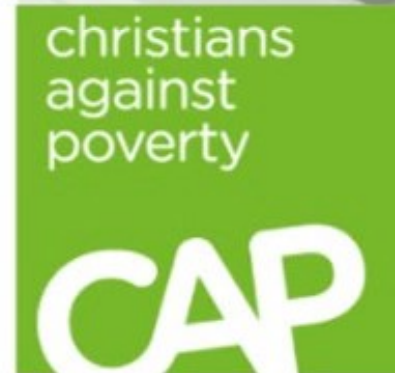
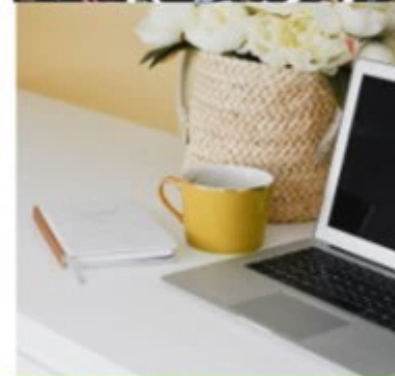


# Open Door Trust - August Courses

- On Friday 6th August, we will be starting our next three-session money management course, helping you to learn how to budget and be more in control of your finances. You do not have to be in debt to benefit from this course.
- The course dates are August 6th, 13th & 20th from 1:30 - 2.45 on Zoom.
- We will also be running our three-session wellbeing course covering, Breaking Habits, Anxiety & Worry and Handling Loss. These sessions are conversation-based.
- These sessions will run on Tues 10th, Wednesday 11th & Thursday 12th between 1:30 - 2:30
- A stable internet connection is required.
- For more information, or to reserve a place, please email us on the email below. Spaces are limited.
- [kenpullen@opendoortrust.com](mailto:kenpullen@opendoortrust.com)



[www.opendoortrust.com](http://www.opendoortrust.com)