

thewarriorprogramme

- Serving Families Course

WHEN

13 – 15 March 2018

WHERE

Catterick Garrison

WHAT

A 3 DAY PERSONAL DEVELOPMENT TRAINING AND EDUCATION COURSE FOLLOWED BY 12 MONTHS OF STRUCTURED SUPPORT

WHY

- BUILD CONFIDENCE
- RAISE SELF ESTEEM
- WORK TOWARDS GOALS
- MANAGE EMOTIONS



WHO

ANY ADULT FAMILY MEMBER OF SERVING ARMY PERSONNEL, REGULAR OR RESERVE, CAN APPLY FOR A PLACE

WE PROVIDE

ACCOMMODATION

MEALS

ASSISTANCE WITH CHILDCARE IF PRIVATE ARRANGEMENTS ARE NOT POSSIBLE

APPLICATIONS:

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LIVE LIFE TO THE FULL

- BE A **WARRIOR**

