

Not sure  
about Life  
after  
Lockdown?



Then come and join us for a series of online evening sessions where we are going to look and talk about issues arising out of being in Lockdown. Topics include: Anxiety and worry, lifting financial pressure and making your money go further, as well as handling habits and loss.

christians  
against  
poverty

CAP

Kick Start

To find out more and to register your interest, please email Jennie Coles, Centre Manager for CAP Mole Valley on [jenniecoles@capuk.org](mailto:jenniecoles@capuk.org) or call 07909 399045. 6 sessions begin at 7.30pm on alternate Tuesday and Wednesday evenings in November and December, beginning on Tuesday 3<sup>rd</sup> November.

We would love to meet you.



CAP in conjunction with churches across Mole Valley Area.