## FREE courses for over 19's In Flintshire

Course	Venue	Dates	Time
The Wood Shed – practical woodworking / upcycling sessions	Refurbs 1-3 Aber Park Industrial Estate, Flint CH6 5EX	Every Tuesday	10.00 – 15.00
Confidence Building Course 3 sessions total	Ty Calon, Queensferry	10 <sup>th</sup> ,11 <sup>th</sup> and 12 <sup>th</sup> January	10.00 - 14.00
I.T. Skills for Beginners 8 sessions total	Ty Calon, Queensferry	Tuesday January 17,24,31 February 7,14,21	10.00 – 14.00
Interview Techniques	Ty Calon, Queensferry	January 18 <sup>th</sup>	9.30-11.30
CV Writing	Ty Calon, Queensferry	January 18 <sup>th</sup>	12:30 -14:30
Customer Service	Ty Calon, Queensferry	January 20 <sup>th</sup>	10:00 – 14:00
I.T. Skills for Beginners 8 sessions total	Daniel Owen Centre, Mold	Wednesday February 8,15,22 March 1,8,15	10.00 – 14.00

Delivering embedded essential skills for learners in communities in Flintshire.

To book or for more information, please email <a href="mailtraining@groundworknorthwales.org.uk">training@groundworknorthwales.org.uk</a> or phone 01978 757524





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