

FREE

Positive Action Course

Are you over 16 years old and want to make positive change, learn new skills and have fun?

Join us for a free five day course in Hamilton

Potential Benefits:

- Improved self-esteem and confidence
- Motivation
- Personal goal setting
- Community participation
- New friendships

2025 Course Dates:

July 21 - 25

August 25 - 29

October 6 - 10

November 17 - 21

CONTACT

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You can attend this course for free if you are aged 16 years or over, have a disability or mental health condition, and are registered with Work and Income or on a Supported Living Benefit.



**Your Way
Kia Roha**