

Would you like to learn to be more assertive?

EDG is running an Assertiveness Course for adults who have a learning difficulty



“Assertive, or assertiveness, is a way of speaking up for yourself. When you are assertive, you know how to say what you’re feeling without hurting anyone’s feelings and without giving in.

When you are assertive, you stand up for your rights. You also learn the responsibilities that come with your rights.”

When?

Wednesdays, from 1pm until 3pm

29th July, 5th August, 12th August, 26th August & 2nd September

Where?

The Eric Liddell Centre

15 Morningside Road, Edinburgh,
EH10 4DP

Free!



This course will be run by Sandy Divine and Linda Keys from EDG.

To book a place, please contact Linda on 0131 476 0522 or linda@edg-sco.org.