

# FREE Training workshops for ESA claimants



Location

**South East, East Sussex**<https://www.freeadsz.co.uk/x-373362-z>

We provide free training workshops to support anyone claiming ESA who are not on a work programme. The workshops include: Art and music therapy, meditation, confidence boosting, gardening, managing mental health, card making and many more! The workshops are very relaxed, friendly and help to build confidence and social skills. If you are interested in joining then please contact us on 01323 887199 01323 8871... (click to reveal full phone number) or email click to

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