

(ESOL) Build your Personal Resilience

Provided / Operated by:

North Yorkshire Council – Adult Learning & Skills Service

 **Course Address:**

This is an Online Course

 **Contact Details:**

Phone: 01609 536066

Email: adultlearningservice@northyorks.gov.uk

 **Days & Dates:**

Wednesday: 9:30am – 11:00am

7th January 2026 to 4th February 2026

 **Costs:**

Free

 **Accessible:**

Yes