

# (ESOL) Build your Personal Resilience

Provided / Operated by:

**North Yorkshire Council – Adult Learning & Skills Service**

 **Course Address:**

This is an Online Course

 **Contact Details:**

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 **Days & Dates:**

Thursday: 6:00pm – 8:00pm

8th January 2026 to 5th February 2026

 **Costs:**

Free

 **Accessible:**

Yes