

## (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

**Accessible:** 

Yes

m Days & Dates:

Thursday: 6:00pm - 8:00pm 8th January 2026 to 5th February 2026

**Costs:** 

Free







