

CAFPH

Centre For African Families Positive Health



Be inspired

Challenge and be challenged

Mind, body and soul

Positive self management programme at CAFPH

This is a series of training workshops (2.5 hours per session) for 7 weeks for people living with HIV/AIDS in bedfordshire and surrounding areas.

It is important that people commit to doing the full 7 sessions. There will be a follow on residential training a month after.

Sessions to start Saturday 26th January 2008.

Licensed by Stanford University, California

Acquire skills in
Life coaching,
facilitator training,
managing a long
term condition....

Be skilled for life
and life
management.

Supported by:

Luton 
Teaching Primary Care Trust

For details contact:

Tel: (01582) 726061/726063

www.cafph.org

E-mail: info@cafph.org