

# Motivational Exchange Programme

## New Experiences

**“Looking forward with confidence”**

- **“A participatory & discussion based group focused on learning opportunities”**
- **6 month programme including support**
- **Exploring future options**
- **Guest speakers - volunteering, training, education & future employability skills**
- **Community Achievement Awards**
- **Peer coaching support**
- **Sharing recovery experiences**

For any enquiries please contact:  
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**Start Date:** : Every Friday

**Time:** 1 - 3pm

**Venue:** Room 217A  
Glasgow Kelvin College  
Springburn Campus  
123 Flemington Street  
Glasgow G21 4TD

**Access to the Motivational Exchange Programme  
is via internal referrals only**