

Confidence Building

FREE Workshop!

Learn new skills to increase your confidence & positive attitude, reduce stress plus much more!

Available for all women in the Greenwich Borough.

Sessions are run by **Ghafaria Khan**, a qualified life coach.



Time: Every Wednesday from the 19th June 2019
at 10:00 to 12:00

Place: YMCA Thames Gateway
Antelope Rd, Woolwich, London SE18 5QG

Book your place or for more information, contact Julia:

020 3260 7715 or Julia@hercentre.org



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