

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 Specialist Mentor in "Mental Health and Autism Conditions" .



Time: Every Wednesday from,
23rd February 2022 to 23rd March 2022
For 5 Weeks, from 10:00 to 12:00

Place: Clockhouse Community Centre
Defiance Walk, London SE18 5QL

Book your place or for more information, contact Julia:

020 3260 7715 or Julia@hercentre.org

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