

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 a qualified professional.



Time: Every Wednesday from,
19th April 2023 to 10th May 2023
for 4 weeks from 10:00am to 12:00pm

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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