

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 **Donna Thomson**,
a Qualified Therapist & Cognitive Hypnotherapist .



Time: Every Thursday from,
9th November 2023 to 30th November 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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