

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,
11th April 2024 to 2nd May 2024
for 4 weeks from 10:00am to 12:00pm

Place: Clockhouse Community Centre
SE18 5QL

Book your place or for more information, contact Julia:
020 3260 7715 or Julia@hercentre.org



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,
11th April 2024 to 2nd May 2024
for 4 weeks from 10:00am to 12:00pm

Place: Clockhouse Community Centre
SE18 5QL

Book your place or for more information, contact Julia:
020 3260 7715 or Julia@hercentre.org

