

# 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,  
12th September 2024 to 3rd October 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](mailto:Julia@hercentre.org)**



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