



Mental Wellness Hub
PRESENTS

March 2023 Any 3 Classes for \$500TT
Certificates Awarded

Introduction to
Narcissistic
Personality Disorder

Introduction to
Borderline Personality
Disorder

The Psychology of
Love & Romance

Psychological First
Aid

Introduction to
Counselling: The Basics

The Psychology of
Stress & Stress
Management

Advanced Counselling

Active Listening: The
Basics **NEW**

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