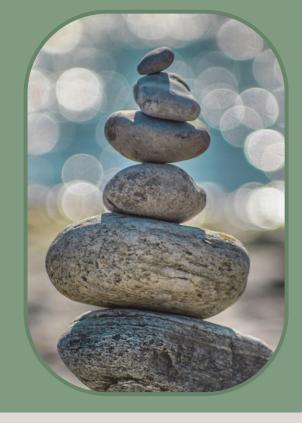
FINDING BALANCE WHEN TIMES ARE TOUGH

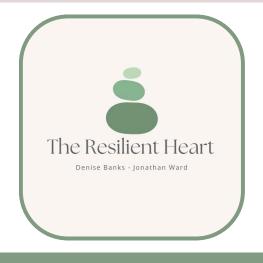


This workshop will support you to:

- Access inner resilience to meet emotional challenges
- Ground yourself in times of uncertainty
- Cultivate openness and connection to yourself and others

Scan QR code for full details





Join us for this workshop on:

Saturday 13th September 2025 9am-2pm at Quaker Meeting House Hammersmith, W6