

# NEW WORKSHOP! 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 13<sup>th</sup> September 2025

9am-2pm

at Quaker Meeting House  
Hammersmith, W6

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