

SLEEP WORKSHOPS

Every Wednesday

3-4pm

From 10th January

For Ten Weeks

هر چهارشنبه

بعد از ظهر 3-4

از 10 ژانویه

برای ده هفته



With advice on:

Stress – what it is, how to recognise it and ways to manage it.

Anxiety – How to recognise it, understanding what it is and coping strategies

Trauma – What it is and how to recognise it, ways to manage it.

Memory – How does memory get affected by anxiety and trauma and how to improve memory.

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Book via SMS

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