



Workshop

I can't be bothered doing anything...

Sometimes it's hard to make positive changes in life, hard to do the simplest things even when we know they are good for us.

Sometimes the less you do, the worse you feel, the worse you feel, the less you do.

Find out how to BREAK THE CYCLE...

A **FREE workshop** for anyone who feels a bit stuck.

Date: 20th December 2011

Time: 2.00pm-4.30pm

Location: Stratford Advice Arcade (107-109 The Grove, Stratford E15 1HP)

To reserve a place please call 0208 221 2090

or e-mail Ashraf or Divya at ask-newham@hestia.org

