

**Learn how to beat
stress and feel better!**



STRESSBUSTERS

A Group for Parents

**REFRESHMENTS
WILL BE PROVIDED!**

**Call Terri on
020 8780 2360
to find out more**

WHEN: WEDNESDAYS 10:00—12:00

WHERE : 78 VICTORIA DRIVE

STARTING : 7th NOVEMBER 2018

UNTIL: 12th DECEMBER 2018

WITH : TERRI & KATHY

