



## International Women's Day

Celebrate International Women's Day  
with us - Explore the 7Cs to Wellbeing  
A wellbeing workshop for self-care and  
empowerment.

Kindly funded by Tamworth College,  
Workshop delivered by Claire Reeves  
NLP Coach and Integrative Counsellor

Contact us today to find out more.

**[office@homestarttamworth.org.uk](mailto:office@homestarttamworth.org.uk)**

**booking essential**

Date 05/03/25  
Time 10-2

**[office@homestarttamworth.org.uk](mailto:office@homestarttamworth.org.uk)**