



**FREE
COURSE**

UNDERSTANDING AND OVERCOMING TRAUMA

with Wirral Met College

This day course will help you to understand what trauma is and the impact that trauma can have on us. You will also explore Post-Traumatic Stress Disorder. We will look at how we can overcome trauma and the concept of Post-Traumatic Growth.

COURSE DETAILS:

DATE: Thursday 26th September

TIME: 10am - 2:30pm

PLACE: Tomorrow's Women Chester, 5 Upper Northgate Street, Chester, CH1 4EE

This course is free to complete and won't affect your benefits.
Book your place with Tomorrow's Women.

