

FREE MONTHLY TALKS

Delivered by Talking Therapies specifically for Deaf and Hard of Hearing people living in Tower Hamlets



We will cover a variety of topics from Improving Sleep to spotting the symptoms of IBS

When:

Wednesday 22nd December 2021 (1pm-2pm)

Wednesday 12th January 2022 (1pm-2pm)

Thursday 24th February 2022 (11am-12pm)

Where:

on Zoom

If you are interested, please contact Sumita Baines

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