



# HARMONY IN HEALTH

*"The work is very significant. It helps people be healthy and improves mood... I needed this so much"*

## FREE WELLBEING WORKSHOPS FOR WOMEN FROM UKRAINE

Harmony in Health invite you to join them in:

- A series of multidisciplinary **Wellbeing Workshops**
- Tailored **Support Groups** with Ukrainian Clinical Psychologist Olena Tertyshnyk
- A Community **Celebration Event** with food and live music from Ukrainian band **ATMASFERA** !



**When:** April-July 2025

**Where:** Hammersmith Quaker Meeting House

**Cost:** Free

**Register your place:**



- Experience holistic wellbeing and joy
- Feel energised and safe to let go of anxieties
- Release tension and stress; free your breath
- Learn the principles of diet for wellbeing
- Experience a sense of belonging & connection

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lifeaheadcic

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# WELLBEING WORKSHOPS FOR WOMEN FROM UKRAINE: SESSION CONTENT

HAMMERSMITH QUAKER MEETING HOUSE, 30-32 BRADMORE  
PARK ROAD, LONDON W6 0DT

- **The Wellbeing Workshops are run by a team of wellbeing experts and will include:**

- Natural embodiment techniques and movements, rhythm and breathing exercises
- Music, including singing and drumming
- Guided relaxation
- Hands on work to help people experience natural re-alignment for nervous system regulation
- Using natural foods, herbs and spices

- **When: 6:30-8:30pm April 28, May 19, June 11 & 30, July 17**

- **In the Support Groups, we will sit and talk together in a confidential and supportive atmosphere. This will help women:**

- Navigate and heal from war trauma
- Learn practical tools to manage anxiety, panic, and emotional distress
- Develop strong coping strategies for stress
- Find a safe space to share and gain new perspectives
- Build resilience and motivation for a brighter future

- **When: 7-9pm April 30, May 7, 14, 21, 28, June 18, 25, July 2, 9**  
**Tea and biscuits provided!**



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