

WOMEN'S GROUP

Looking for a safe space to share your experiences, connect with others, and find support? Our Women's Peer Support Group offers a welcoming environment where women can come together to discuss challenges, share coping strategies, and support one another through life's ups and downs.

What You'll Find:

- Fortnightly Meetings: A space to talk, listen, and connect with other women in a supportive, non-judgmental group.
- Shared Experiences: Discuss topics that matter to you, such as mental health, relationships, work-life balance, and more.
- Coping Strategies: Learn and share techniques to manage stress, anxiety, and other challenges.
- Empowerment: Build self-confidence and find encouragement in a community of women who understand.

Come as you are and join a community that supports and uplifts!

The group runs fortnightly on Thursdays at 11am at The Community Room, 19 The Bayle, Folkestone

For any further information or if you would like to attend, please feel free to get in contact using the details here or use the contact form on our website www.takeoffworks.org

A place of positivity

Get support, advice and have fun

For ages 16+

FREE to
attend

