TOMORROW'S WOMEN EMPOWERING TIMETABLE

| Breakfast club | APRIL 2024 | | | | | |
|--|---|---|---|---|--|--|
| RUSSELL RUSSELL SOLICIOSS SINCE 1887 ® "B" & 22" April 10-12pm Theatre confidence 15th April 10-12;30pm Building confidence and encouraging positive self-esteem through a variety of theatre games, activities, and practices. Sewing club 22nd April 10-12pm Community cooking 29th April 10-12pm Community cooking 29th April 10-12pm Making simple Making simple Making simple Me need your help to tidy up and transform our outdoor space. Every Wednesday 10-12pm Op:30-11:30am Op:30-12:30am In the X = Z*h April Op:30-10:30am I | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| RUSSELL SOLICITORS SINCE 1887 © 30-2-23 depril 10-12pm Theatre confidence 15th April 10-12pm Understending neurodivergence and learn helpful strategies Domestic abuse support group. Sewing club 22nd April 10-12pm Sewing club 22nd April 10-12pm Community cooking 29th April 10-12pm Community cooking 29th April 10-12pm Making simple Making simple Making simple Course 23rd April 21-12pm Confidence workshop 11-12:15pm A 3 week goal setting course aiming at building on confidence and self esteem. Confidence and self esteem. Confidence and self esteem. Confidence and self esteem. Confidence workshop 11-12:15pm A 5-week alcohol & me Starting 10-12pm A 5-week alcohol awareness programme Confidence and self esteem. Confidence workshop 11-12pm A 5-week alcohol awareness programme Confidence workshop 11-12pm A 5-week alcohol awareness programme Confidence workshop 11-12pm Book club Every Positive parenting 20th April 10-2-230pm Learn positive parenting techniques and review how parenting styles can impact on future relationships. | | | | | 09:30-11:30am | |
| 10-12:30pm Building confidence and encouraging positive self-esteem through a variety of theatre games, activities, and practices. Sewing club 22nd April 10-12pm 22nd April 10-12pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more Community cooking 29th April 10-12pm Making simple A more confident you Starts 11th April 10:30-12pm A 3 week goal setting course aiming at building on confidence and self esteem. CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more 11-12pm CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more 11-12pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use and self-esteem. 25th April 10-12pm 10-12pm 10-12pm 10-12 | SOLICITORS SINCE 1887 8 th & 22 nd April 10-12pm Theatre confidence | course 23 rd April 09:30-2:30pm Understanding neurodiversity and | up and transform our outdoor space. Every Wednesday | 11 th & 25 th April 09:30-10:30am | Merseyside 5th, 12th & 19th Cancer Alliance April. 10-11:30am Low impact exercise and discussion around | |
| Sewing club 22nd April 10-12pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more Community cooking 29 th April 10-12pm Making simple Renew information session 23 rd April 12-1pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more Community cooking 10-12pm Morecrofts Norecrofts Making simple Renew information session 23 rd April 12-1pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come and have a chat to find out more Community cooking 11-12:15pm 11-12:15 | 10-12:30pm Building confidence and encouraging positive self-esteem through a variety of theatre | Domestic abuse support group. (et's support 9th April | | Starts 11th April 10:30-12pm A 3 week goal setting course aiming at building on confidence and self esteem. | Starting on 19 th April 10-12pm A 5-week alcohol awareness programme Watson | |
| Community cooking 29 th April 10-12pm Making simple Community cooking 11-12:15pm 17 th April Making simple Confidence workshop 11-12:15pm 17 th April SOLICITORS Confidence workshop 11-12:15pm 17 th April Book club impact on future relationships. | 22nd April | 23 rd April 12-1pm Re-new is 6-week 1-1 wellbeing coaching session to help you reset your drinking or drugs use. Come | CSASS CHESTER SEXUAL ABUSE | R Housing Drop in 25 th April | 19 th April 10-12pm R Positive parenting | |
| | 29 th April 10-12pm Making simple | | Confidence workshop 11-12:15pm | <u> </u> | 10-2:30pm Learn positive parenting techniques and review how parenting styles can impact on future | |



Every Thursday 12-1pm









that don't cost

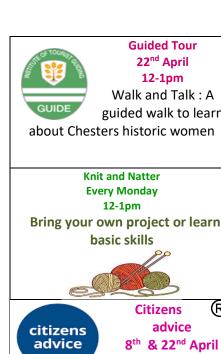
the earth

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Every Tuesday

12:30-1:30pm

TOMORROW'S WOMEN EMPOWERING TIMETABLE **APRIL 2024**



Guided Tour 22nd April 12-1pm

Walk and Talk: A guided walk to learn

Citizens

Booking is essential

Make up Tutorial.

8th April

1:30-3pm

Covering the basics of make

up for an easy daytime look.

advice

8th & 22nd April

1-3pm

Music and sing a long **Every Tuesday. 1-2pm**



Employability mentoring

V-I-A Re-new programme

screenings

23rd April 1-4pm

If you are interested, please

book a 30-min screening

session.

Forum

30th April

2-3pm

Book your 30minute slot wth an employability mentor

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Samaritans 24th April 12-1pm

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You don't need to be at crisis point to talk to samaritans, come along and have a chat if you're feeling low

> **Fallen Angels** Movement for change 24th April 1-2pm





Lets talk about Contraception 11th April 1-3pm

Book a 1-1 appointment with a contraception nurse



Sexual Health Hub

Lets talk about Sexual health 18th April 1-3pm

Book a 1-1 appointment with a sexual health nurse



Lets talk about Menopause 25th April 1-3pm

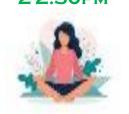
Group session covering signs, symptoms and available support



ESOL 19TH & 26TH APRIL 1-2:30PM CHAWREC

Mindfulness Relaxation **EVERY FRIDAY** 2-2:30PM

CHESHIRE, HALTON & WARRINGTON RACE & EQUALITY CENTRE



Police surgery

19th April 2-3pm



Speak to a local PCSO about any neighbourhood issues or concerns

> Berkson 12 & 26th April 2:30-4:30pm



30th April 1:30-3:30pm



Creative writing Every Wednesday 1-2pm



Guided meditation Every Wednesday 2-2:30pm



We would love to hear your



thoughts, views and ideas.

Please note BOOKING is ESSENTIAL for all sessions listed to attend, ring 01244 906494 or email admin@tomorrowswomen.org.uk to book your slot & for information regarding our timetable