

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Breakfast club 09:30-11:30am</p>	 <p>Breakfast club 09:30-11:30am</p>	 <p>Breakfast club 09:30-11:30am</p>	 <p>Breakfast club 09:30-11:30am</p>	 <p>Breakfast club 09:30-11:30am</p>
<p>RUSSELL & RUSSELL SOLICITORS SINCE 1887 8th & 22nd April 10-12pm</p>	<p>Neurodiversity Awareness [®] course 23rd April 09:30-2:30pm Understanding neurodiversity and neurodivergence and learn helpful strategies</p> 	<p>We need your help to tidy up and transform our outdoor space. Every Wednesday 10-12pm</p> 	<p>MSB Solicitors 11th & 25th April 09:30-10:30am</p> 	<p>Cheshire and Merseyside Fighting Fit Cancer Alliance 5th, 12th & 19th April. 10-11:30am</p> <p>Low impact exercise and discussion around preventative care</p>
<p>Theatre confidence 15th April 10-12:30pm</p>  <p>Building confidence and encouraging positive self-esteem through a variety of theatre games, activities, and practices.</p>	<p>Domestic abuse support group. starting 9th April 11-12pm</p> 	<p>CSASS Drop in and crafts. 3rd, 10th, 17th & 24th April 11-12pm</p> 	<p>A more confident you Starts 11th April 10:30-12pm A 3 week goal setting course aiming at building on confidence and self esteem.</p> 	<p>Alcohol & me Starting on 19th April 10-12pm A 5-week alcohol awareness programme</p>
<p>Sewing club 22nd April 10-12pm</p> 	<p>[®] Renew information session 23rd 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</p> 	<p>Confidence workshop 11-12:15pm 17th April</p> 	<p>Housing Drop in 25th April 11-1pm</p> 	<p>Watson Ramsbottom 19th April 10-12pm</p> 
<p>Community cooking 29th April 10-12pm</p>  <p>Making simple and easy dishes that don't cost the earth</p>	<p>Morecrofts SOLICITORS Every Tuesday 12:30-1:30pm</p>	<p>Book club Every Thursday 12-1pm</p> 	<p>Positive parenting 26th April 10-2:30pm Learn positive parenting techniques and review how parenting styles can impact on future relationships.</p> 	

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

 <p>Guided Tour 22nd April 12-1pm</p> <p>Walk and Talk : A guided walk to learn about Chesters historic women</p>	<p>Music and sing a long Every Tuesday. 1-2pm</p> 	 <p>Samaritans 24th April 12-1pm</p> <p>You don't need to be at crisis point to talk to samaritans, come along and have a chat if you're feeling low</p>	 <p>LBTQ+ support group 4th & 18th April 1-2pm</p>	<p>ESOL 19th & 26th APRIL 1-2:30PM</p> 
<p>Knit and Natter Every Monday 12-1pm</p> <p>Bring your own project or learn basic skills</p> 	<p>Employability mentoring 30th April 1:30-3:30pm</p> <p>Book your 30-minute slot with an employability mentor</p> 	<p>Fallen Angels Movement for change 24th April 1-2pm</p> 	<p>Lets talk about Contraception 11th April 1-3pm</p> <p>Book a 1-1 appointment with a contraception nurse</p> 	<p>Mindfulness Relaxation EVERY FRIDAY 2-2:30PM</p> 
 <p>Citizens advice 8th & 22nd April 1-3pm</p> <p>Booking is essential</p>	<p>V-I-A Re-new programme screenings 23rd April 1-4pm</p> <p>If you are interested, please book a 30-min screening session.</p> 	<p>Creative writing Every Wednesday 1-2pm</p> 	<p>Lets talk about Sexual health 18th April 1-3pm</p> <p>Book a 1-1 appointment with a sexual health nurse</p> 	<p>Police surgery 19th April 2-3pm</p>  <p>Speak to a local PCSO about any neighbourhood issues or concerns</p>
<p>Make up Tutorial. 8th April 1:30-3pm</p> <p>Covering the basics of make up for an easy daytime look.</p> 	 <p>Forum 30th April 2-3pm</p> <p>We would love to hear your thoughts, views and ideas.</p>	<p>Guided meditation Every Wednesday 2-2:30pm</p> 	<p>Lets talk about Menopause 25th April 1-3pm</p> <p>Group session covering signs, symptoms and available support</p> 	<p>Berkson 12 & 26th April 2:30-4:30pm</p> 

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