















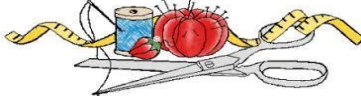





























TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE
APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums </p> <p>With Nicky</p> <p><i>We Need Your Help</i></p>  <p>9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>Belly Dancing with Cecile </p> <p>10am -11am</p> <p>10am -12pm </p> <p>Family Law</p> <p>9th & 23rd April</p>	<p>9.30-2pm</p> <p>Support the continued growth of our beautiful garden with Sandra & Liz</p>  <p>Solicitor support in Family Law </p> <p>10am -11am</p>	<p>10am -11am </p> <p>Specialising in Family Law, Domestic & Care proceedings</p> <p>Build a CV </p> <p>25th April</p> <p>10am -2pm</p> <p>Thinking about writing a CV but need help, then this is the session for you.</p>	<p>9.30 Boxercise </p> <p>With Nicky</p> <p><i>We Need Your Help</i></p>  <p>9.30-2pm</p> <p>To support the continued growth of our beautiful garden with Sandra & Liz</p> 
<p> Support with Employment & Training</p> <p>9.30am – 12pm</p> <p>With Sarah</p> <p>8th, 15th, 22nd & 29th April</p>	<p> Substance Use Midwife Drop-in with Jill </p> <p>Support for pregnant women.</p> <p>16th April</p> <p>Step into the NHS</p> <p>For anyone who wants a career in the NHS:</p> <p>Nursing</p> <p>Care work</p> <p>Ancillary staff</p> <p>Community work</p> <p>Catering</p> <p>Health & wellbeing</p> <p>Offsite experience & opportunity to gain qualification in Health & Social care.</p> <p>Starting 23rd April 10-12pm</p> 	<p>10-12pm A Stitch in Time</p> <p>Sewing skills and crafts,</p> <p>With Mary </p>	<p>Pattern Cutting</p> <p>4th - 25th April, 10-12pm</p> <p>Wk 1 - create a master pattern which is tailored to your specific measurements.</p> <p>Wk 2 - create a skirt from your original master pattern.</p> <p>Wk 3 - create a shirt pattern from your original master pattern.</p> <p>Wk 4 - create a coat pattern from your original master pattern.</p> 	<p>26th April</p> <p>Positive Parenting </p> <p>10am -3pm</p> <p>Explore different parenting styles and examine our own parenting styles. Discuss how parenting styles can impact on children's future relationships. Understand different ways of supportive parenting.</p> 
<p>Peer Mentoring for DWP </p> <p>15th & 29th April.</p> <p>10-2pm</p> <p>Gain employment for those with Drug & Alcohol issues</p>	<p>16th April x 4-weeks</p> <p>Be a More Confident You </p> <p>10.30-12.30pm</p> <p>*Positive thinking & self-talk</p> <p>*Building resilience</p> <p>*Positive money mindset, creating good habits.</p>	<p>ACEs</p> <p>*17th April for enrolment</p> <p>*24th April for 6 weeks</p> <p>10-2.30pm</p> <p>* Understanding of Adverse Childhood Experiences (ACEs)</p> <p>*Explore the development of children & young people</p> <p>*Potential outcomes for children impacted by ACEs</p> <p>*Strategies to improve outcomes for children affected by ACEs</p> 	<p>10.30-12pm </p> <p>4th & 18th April</p> <p>Money advice & gambling support</p>	<p>12th April</p> <p>11am – 12pm</p> <p>Information Hour 'Social Care'</p> <p>If you have involvement with Social Care & have questions, looking for guidance then come along to this session.</p> 
<p> Flexible practical support for families</p> <p>11am – 1pm</p>	<p>15th & 29th April</p> <p>@ 11-12pm</p> <p>Covering: Family law, Divorce, Financial Issues</p> <p>burdward.</p>	<p>Community Connectors</p> <p>11-12pm</p> <p>11-12pm Needing some support/help in your community then come along and speak with a community connector</p> 		

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<p>15th April x 6 weeks Creative Watercolour & Ink course 12.30pm -2.30pm Explore & experiment with watercolours, inks, pen in a unique and creative way. Create beautiful, unique designs ideal for mounting and framing.</p> 	<p>Ⓡ L2 Mental Health Awareness 30th April X 4 wks 10-2.30pm -Exploring mental health -Understanding how to support individuals with mental ill health -Understanding a mentally healthy environment</p> 	<p>6-week YOGA Course With Grace- 11am 3rd & 10th April</p> 	<p>Ⓡ Money Management & Debt support 25th April 11am – 1pm</p> 	<p>12pm-1pm POLICE DROP-IN 12th & 26th April</p>   
<p>12.30-4.30pm Drop-in with Lucy  Talking Therapies Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression. 22nd April</p>	<p>Ⓡ Positive Women around Substance misuse  Coping skills & strategies around recovery 1pm – 2pm</p>	<p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p> 	<p>TWW Forum Meeting Come along & have your say. Community Room- 11th April @ 12pm</p> 	<p>LUNCH CLUB 12PM *£3 donation</p> 
<p>Forensic Psychology for Beginners 15th -29th April 1pm-3.30pm Delve into the different reasons of why people offend & look at the Criminal Justice system. Also explore psychopathy, sociopathy & anti-social personal disorder</p> 	<p>LBT Peer Support Group 5.30 -7pm, 9th April With SAHIRHOUSE & Tomorrow's Women</p>	<p>Ⓡ 12.30-1.30pm Domestic Abuse Specialist</p> 	<p>Floristry Workshop 18th April 12pm</p>  <p>Booking is Essential £3 donation</p>	<p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p> 
<p>Ⓡ Berkson  Family Law Solicitors 8th & 22nd April 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p>	<p>Ⓡ Better Solutions  5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when needed.</p>	<p>Reading Group 1pm -2pm</p> 	<p>Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p> 	<p>Ⓡ Let's SUPPORT EACH OTHER Tomorrow's Women Recovery support group @ 2pm</p> 
<p>Guided Meditation 3pm–3.30pm Blissful deep relaxation Family law & Care proceedings Ⓡ 2-4pm. </p>				

Please note **BOOKING is ESSENTIAL** for all sessions listed to attend, ring 0151 **647 7907** to book your slot & for information regarding our timetable.