











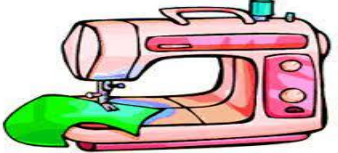









JANUARY TIMETABLE 2024

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 January 10-12pm</p>	<p>Mindful colouring Every Tuesday 10-11am</p> 	<p>CSASS Drop in & Crafts. Every Wednesday 11-12pm Drop-in craft session CSASS CHESTER SEXUAL ABUSE SUPPORT SERVICE</p>	<p>Ⓡ msb Solicitor Support. Family law 4th & 18th January 09:30-10:30am</p>	<p>Creative writing Every Friday 10-11am</p> 
<p>Ⓡ Employability mentoring. 15th January 10-12pm</p> 	 <p>Knit and Natter Every Tuesday 12-1 Bring your own project or learn basic skills.</p>	 <p>Samaritans January 31st 12-1pm</p>	<p>Ⓡ Level 2 Understanding domestic abuse Enrolment – 11th January Start date – 18th January.</p>  <p>5 week course 10-12pm</p>	<p>Vision board making Every Friday 12-2pm</p> 
<p>Sewing club 22nd January 10-12pm</p> 	<p>Morecrofts Every Tuesday 12-30-1:30pm Specialising in family law</p> 	<p>Journalling 10th & 24th January 12-1pm</p> 	<p>Craft and Chat 4th January 10-2pm</p> 	<p>HAND MASSAGE Learn hand massage with tropic skincare. 26th January 12-2pm</p> 
 <p>Community cooking 29th January 10-12pm Making simple and easy dishes that don't cost the earth.</p>			<p>Ⓡ Listening ear Would you like to speak with a counsellor without the commitment. Book a one-off 30 min slot 25th January</p> 	

JANUARY TIMETABLE 2024

<p>Positive mental health toolkit</p>  <p>15th January 10-2pm</p>	<p>Music and sing a long Every Tuesday. 1-2pm</p> <p>Bring your own instrument for a jamming session or come along for a sing-along</p> 	<p>Fallen Angels Dance theatre</p> <p>Moving recovery sessions Starting on 10th January 1-2pm</p> 	<p>VIA information session</p> <p>Are you struggling with substance misuse? Come along and chat with Aqua house to see what support is available.</p> <p>11th 10-12pm</p> 	<p>Alcohol Recovery 1-2pm Every Friday</p> <p>RECOVERY</p> 
<p>Life Coaching session : Crafting your path to a positive year ahead</p> <p>8th January 11-12pm</p> <p>BEAUTIFUL INNER LIVING</p>	<p>Understanding negative thoughts and managing low moods</p> <p>16th January 2-3:15pm</p> <p>BEAUTIFUL INNER LIVING</p>	<p>Guided meditation</p>  <p>Every Wednesday 2-2:30pm</p>	<p>Housing drop in 25th January 10-12pm</p> 	<p>ESOL Entry Level conversation skills Every Friday 1:30-3pm</p> 
<p>Guided tour of Chester</p> <p>Walk and Talk: A guided walk to learn about Chester's historic women.</p> <p>15th January 12-1pm</p>	<p>Forum We would love to hear your views.</p>  <p>30th January 2-3pm</p>	<p>Keep warm this winter. Hints, tips and tricks for keeping yourself warm this winter.</p> <p>3rd & 24th 2-3pm</p> 	<p>Mindfulness 4 wellbeing Meditation & Breathwork</p> <p>11th January 1-3pm</p> 	<p>MINDFULNESS RELAXATION</p>  <p>EVERY FRIDAY 2-2:30PM</p>
<p>Citizens Advice appointments 15th & 29th January 1-3pm</p>  <p>Booking is essential</p>			<p>Drop in Sexual health clinic</p> <p>25th January 1:30-2:30pm</p> 	<p>Berkson Family Law Solicitors</p> <p>2.30-4.30pm 5th & 19th January</p> <p>Supports Family law, care proceedings, divorce, non-molestation orders</p>

Please note **BOOKING is ESSENTIAL** for all sessions listed to attend, ring 01244 906494 or email admin@tomorrowwomen.org.uk to book