


































**TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE
MAY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 Legs, Bums & Tums With Nicky</p> 	<p>Belly Dancing with Cecile 10am -11am</p> 	<p>9.30-2pm Support the continued growth of our beautiful garden with Sandra & Liz</p> 	<p>10am -11am [®] Specialising in Family Law, Domestic & Care proceedings</p> 	<p>9.30 Boxercise With Nicky</p> 
<p>We Need Your Help  9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p>	<p>[®] 10am -12pm Family Law</p> 	<p>Solicitor support in Family Law 10am -11am</p> 	<p>Exploring Short Stories 10-2pm 16th May Enhance reading & writing skills. Introducing you to short stories & enhancing reading & writing techniques.</p> 	<p>We Need Your Help  9.30-2pm To support the continued growth of our beautiful garden with Sandra & Liz</p> 
<p>[®] Support with Employment & Training 9.30am – 12pm With Sarah Returns in June</p> 	<p>7th & 21st May <u>Substance Use Midwife Drop-in with Jill</u> [®] Support for pregnant women. 14th May From 10am</p> 	<p>10-12pm <u>A Stitch in Time</u> Sewing skills and crafts, With Mary</p> 	<p>[®] L2 Autism 9.30am – 3pm</p>  <p>-Enrolment: 2nd May -Start date: 9th May x 8wks *Develop understanding of Autism *Influence of positive communication methods *How to support positive behaviour, how individuals with Autism can be supported to live healthy and fulfilled lives</p>	<p>[®] Counselling Skills Level 3 Enrolment-3rd May, 10-12pm Starting-10th May 14-wks to 2nd August</p>  <p>Would you like to develop your use of counselling skills either in a personal capacity or for work? Then this is for you.</p>  <p>9.45am- 2.45pm</p>
<p>Peer Mentoring for DWP [®] 13th May 10-2pm Gain employment for those with Drug & Alcohol issues</p> 	<p>[®] L1 Hairdressing 11.30am -3pm -Enrolment: 7th May -Start date: 14th May x 14wks It will cover: *Plaiting & twisting hair *Styling hair *Hairdressing career paths</p>	<p>L1 Stress Awareness *29th May for enrolment 10-12pm *5th June- 19th June 10-2.30pm -Recognising stress -Understanding how prolonged stress can damage health & wellbeing -Understanding different types of stress -Explore health strategies</p> 	<p>10.30-12pm [®] citizens advice Wirral 2nd, 16th & 30th May Money advice & gambling support</p> 	<p>YOUR OPINION MATTERS! Help shape Health Related services available for women across Cheshire and Merseyside. Such as menopause, cervical screening, perinatal pelvic health to name a few. 12pm on 3rd & 17th May</p>
<p>[®] Tomorrow's Women Recovery support group Every Monday @10.30am</p> <p>Let's SUPPORT EACH OTHER </p>	 	<p>PLACE TO BE! A day retreat with Grace. 1st May, 10am - 2pm Blending ancient yoga, modern upbeat music feeling calm, embodied & empowered!</p> 		
<p>[®]  Flexible practical support for families 11am – 1pm</p>				

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE MAY 2024

<p>Ⓡ 13th May @ 11-12pm Covering: Family law, Divorce, Financial Issues</p> <p>burdward.</p>	<p>Ⓡ Positive Women around Substance misuse</p>  <p>Coping skills & strategies around recovery</p> <p>1pm – 2pm</p>	<p>Community Connectors</p> <p>11-12pm</p> <p>Connect Us  Needing some support/help in your community then come along and speak with a community connector</p>	<p>2nd May From 11am</p> <p>Offering support & help with claiming PIP previously known as DLA.</p> <p>BOOKING FOR THIS SERVICE IS ESSENTIAL</p> 	<p>12pm-1pm POLICE DROP-IN</p> <p>10th & 24th May</p>   
<p>12.30-4.30pm</p> <p>Drop-in with Lucy  Talking Therapies</p> <p>Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression.</p> <p>20th May</p>	<p>Write & Illustrate your Own Book</p> <p> 7th May – 4th June 1.30-3.30pm</p> <p>Tutoring from a professional illustrator to create your own short story</p> 	<p>6-week YOGA Course With Grace-11am 8th May- 12th June</p> 	<p>Ⓡ Money Management & Debt support</p> <p>23rd May 11am – 1pm</p> 	<p>LUNCH CLUB 12PM *£3 donation</p> 
<p>Ⓡ Understanding Adverse Childhood Experiences ACE's 13th & 20th May 1-3.30pm</p> <p>Course will cover understanding ACE's, how they impact children & adults & explore ways to prevent them.</p>  	<p>LBT Peer Support Group 5.30 -7pm, 14th May With SAHIRHOUSE & Tomorrow's Women</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.</p> 	<p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity</p> 
<p>Ⓡ Understanding Adverse Childhood Experiences ACE's 13th & 20th May 1-3.30pm</p> <p>Course will cover understanding ACE's, how they impact children & adults & explore ways to prevent them.</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>Ⓡ 12.30-1.30pm Domestic Abuse Specialist</p> 	<p>Ⓡ Wellbeing & Me 4-weeks Stress & Anxiety Course Starting 16th May 1pm- 3pm</p> 	<p>Ⓡ Tomorrow's Women Recovery support group @ 2pm</p> 
<p>Ⓡ Berkson  Family Law Solicitors</p> <p>20th May 2pm-4pm</p> <p>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>Guided Meditation 3pm–3.30pm Blissful deep relaxation</p> 
<p>Ⓡ Berkson  Family Law Solicitors</p> <p>20th May 2pm-4pm</p> <p>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>Ⓡ 8th May 4-week course RED to PINK An Anger Management Course 1-2.30pm.</p> 	<p>Ⓡ Jam Session Bring along your instruments & come have some fun 1.30-2.30pm</p> 	<p>Ⓡ 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.