TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE

May 2024 MONDAY **TUESDAY WEDNESDAY THURSDAY FRIDAY** 9.30 Legs, Bums & Tums **Belly Dancing with** 9.30-2pm 10am -11am 9.30 Boxercise Support the continued growth of our **Specialising in Family** With Nicky Cecile With Nicky beautiful garden with Sandra & Liz Law, Domestic & Care 10am -11am We Need Your Help We Need Your Help SOLICITORS proceedings R 10am -12pm 9.30-2pm 9.30-2pm Solicitor support Family Law **Exploring Short Stories** To support the continued growth of our To support the continued growth of our msb in Family Law 10-2pm beautiful garden with Sandra & Liz beautiful garden with Sandra & Liz 10am -11am 16th May 7th & 21st May Enhance reading & writing Support with Employment & 10-12pm A Stitch in Time skills. Introducing you to **Training** Substance Use Midwife Drop-Sewing skills short stories & enhancing 9.30am - 12pm **Counselling Skills Level 3** in with Jill reading & writing With Sarah and crafts, Support for pregnant techniques. Enrolment-3rd May, 10-12pm **Returns in June** With Mary women. Starting-10th May 14th May **Peer Mentoring for DWP L1 Stress Awareness** L2 Autism 14-wks to 2nd August From 10am 13th Mav TOIØL *29th May for enrolment 10-12pm 9.30am - 3pm Would you like to develop your *5th June- 19th June 10-2pm -Enrolment: 2nd May use of counselling skills either in **L1** Hairdressing Gain employment for 10-2.30pm a personl capacity or for work? -Start date: 9th May x 8wks those with Drug & Alcohol issues 11.30am -3pm -Recognising stress Then this is for *Develop understanding of -Enrolment: **7**th **May** -Understanding how prolonged Autism you. stress can damage health & **Tomorrow's Women** (R) -Start date: 14th May x 14wks *Influence of positive communication 9.45am- 2.45pm wellbeing methods **Recovery support** It will cover: -Understanding diffferent types *How to support positive behaviour, group *Plaiting & twisting hair of stress how individuals with Autism can be Help shape Health **Every Monday** *Styling hair -Explore health strategies supported to live healthy and fulfilled Related services @10.30am lives *Hairdressing career paths available for R PLACE TO BE! women across A day retreat with Grace. 10.30-12pm Cheshire and Mersevside. 1st May, 10am -Such as menopause, cervical 2nd, 16th & 30th May 2pm screening, perinatal pelvic health Flexible practical support for **Blending ancient** to name a few. families yoga, modern Money advice & gambling 11am - 1pm upbeat music feeling calm, support 12pm on 3rd & 17th Mav

embodied & empowered!

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13th May (R) @ 11-12pm Covering: Family law, Divorce, Financial Issues

12.30-4.30pm

Wirral

Talking Therapies Drop-in with Lucy

Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and (R) depression.

20th May

Understanding Adverse Childhood Experiences ACE's

> 13th & 20th May 1-3.30pm

Course will cover undertsanding ACE's, how they impact children & adults & explore ways to prevent them.



R



Berkson

20th May 2pm-4pm

Supports Family law, care proceedings, divorce, non-molestation orders

Positive Women around Substance misuse



Coping skills & strategies around recovery 1pm - 2pm

Write & Illustrate your Own **Book**



7th May - 4th June 1.30-3.30pm

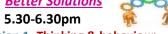
Tutoring from a professional illustrator to create your own short story

LBT Peer Support Group

5.30 -7pm, 14th May With **XSAHIR** HOUSE

Tomorrow's Women

Better Solutions



Session 1- Thinking & behaviour. **Session 2- Consequences**

Session 3- Problem solving.

Rolling group. You can attend any of these sessions as & when needed.

Community Connectors 11-12pm

Connect Us

Needing some support/help in your community then come along and speak with a community connector



6-week **YOGA Course** With Grace-11am 8th May- 12th June

nlus

Do you want to know what JCP have to offer?

Book to speak to Lesley, 11-1pm

12.30-1.30pm Domestic Abuse Specialist



Reading Group



1pm -2pm

8th May 4-week course

RED to PINK

An Anger Management Course 1-2.30pm.

2nd May

From 11am Department for Work & Offering support & help with claiming PIP previously known as DLA.

BOOKING FOR THIS SERVICE IS ESSENTIAL

Money Management & Debt support 23rdMay

11am - 1pm



TWW Forum Meeting Come along & have your say.

Community Room-9th Mav @ 12pm

Wellbeing & Me (R)

> 4-weeks Stress & Anxiety Course

Starting 16th May 1pm-3pm

Jam Session Bring along your instruments

& come have some fun 1.30-2.30pm

12pm-1pm **POLICE DROP-IN**

10th & 24th Mav





LUNCH CLUB

12_{PM} *£3 donation



Tomorrow's **Women Creative** Group

All Welcome 1.30pm

Singing, drama & creativity



Tomorrow's Women Recovery support

group @ 2pm **Guided Meditation**

3pm-3.30pm Blissful deep relaxation

Family law & Care proceedings

2-4pm.

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