

If you or any young women you know
need support please call

0113 240 5894



GROUPS

TUESDAY

4-5.30pm

13-16 GROUP

WEDS

1-2.30pm
1-2.30pm

SISTERS (Eritrean / Ethiopian young women's peer support group)
SHE WRITES (18-25- Creative writing group)

THURS

5-6.30pm

VOCAL GIRLS

FRIDAY

1-2.30pm
3.45-5.15pm

SIDE BY SIDE (18-25 peer support group- young women with lived experience of mental health)
11-13 GROUP