

Burngreave Women only Support Group

Tuesday 23rd September 2014

12pm-2pm

Sorby House

42 Spital Hill

Contact Somshun - 07960084119



We welcome you to join our Safe, Confidential and Friendly Environment

This session we will be looking at practical way to cope with stress and anger, may include a safe and effective practical exercise.

Practical and emotional support for women going through any kind of abuse

This group is supported by Page Hall Practice Champions Almas and Shafaz, and SOAR Health Development Worker Somshun Nessa.

FREE Refreshments available

Come along and join our friendly group and talk to likeminded people

