

Women's Wellbeing

Group



Inspiring Women



The group has helped me to focus on the more positive aspects of my life.

The group is encouraging, supportive and beneficial for day-to-day living.

Help and support from people who have experience of similar situations to my own

The group gives me a sense of belonging and social support

For further information please contact:

Families Matter
Tel: 023 8020 7623

Email:
office.fm.hurc@gmail.com
www.families-matter.org.uk

Families Matter
Cornerstone Hythe URC
New Road Hythe Southampton
SO45 6BR

or

Telephone Sue on
07519745924

Group meets:
Every Friday (in term time)
9:30 am to 11:30 am

Are you...

Feeling low?

Lonely?

Anxious or worried?

Low self esteem?

We are a friendly group of women; we offer a warm welcome and...

- Cookery/ healthy eating
- Relaxation
- Crafts
- Depression & anxiety self-help advice
- Social activities e.g. local walks
- Emotional eating advice
- Breakfast; in-house and at local venues
- Healthy lifestyles

1-1 confidential advice is also available

Group Aims:

- Promote wellness
- Connect with others
- Provide information
- A safe place to talk openly in a non-judgemental and confidential environment
- Build confidence and self-esteem
- Peer support
- **FUN!**