

Wave
of
Change



WOMEN OF ADSWOOD

**Come along to
our Women's
Empowerment
Workshop to
spend some
time on you!**

Childcare and refreshments will be available, and places are limited so please do speak to Jan Bennett to book a place ASAP

15TH JULY
12 - 2PM

22ND JULY
10 - 12.30PM

- Focus on your own needs
- Build confidence
- Gain support and encouragement
- Take some control of your future!

The Wave of Change project in partnership with Stockport Together will be leading some short sessions to support local women who are out of work to feel better about themselves, reconnect to their interests & passions and spend a couple of hours thinking about themselves for a change!

Contact Jan via email at:
jan@sktogether.org.