

INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

Womens Wellbeing Hub

POP IN AND
SEE WHAT
WE ARE
DOING!

CHEQUERS
BRIDGE

EXCITING
NEW
ACTIVITIES

Friendship Cafe

Barton Street

FOR MORE INFO CONTACT ZAREEN

Mobile: 07525848499

Office: 01452 234003

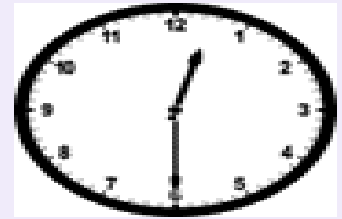


10.30



JUNE

12.30



DATE

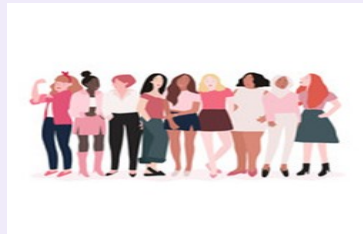
ACTIVITY

INFORMATION

Wednesday

5 June

Room 2



We have heard stories about strong women. Today we talk about our favourites

Wednesday

12 June

Room 2



Info on Talking Therapies

They are free to people aged 18 and over, who suffer from mild to moderate anxiety and/or depression.

Must be registered with a GP

Art-Lift

Will tell us about their creative courses in a relaxed and safe space

Must be registered with a doctor in Gloucestershire..

Wednesday

19 June

Room 2



Wednesday

26 June

Room 2



Mental Health Speaker talks about different kinds of support

**Womens Wellbeing Hub
Friendship Café - Room 2
Barton Street
Gloucester**

**Wednesdays
10.30-12.30**

**Zareen Ahmed
Hub Co-ordinator**

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