

PROJECT W

WOMEN EMPOWERING WOMEN

An inclusive, welcoming and safe space solely for women...

EVERY WEDNESDAY & THURSDAY 10 - 4PM
AMBITION PORTSMOUTH - 67 KINGSTON ROAD, PO2 7DX

Support with alcohol
and substance use

Acupuncture

Peer support groups

Mindful creativity group

Access to family and
recovery workers

Crèche

Cost of living advice

Freedom Programme/Domestic
abuse support

My Choice Workshops

Free lunch!

Want more information, or need support accessing us - speak to Fran
07464981060 or just drop in to see us

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Wednesday

Time	Activity
10 AM	Women Warriors Peer Support Group A safe space to connect and get creative
12 PM	Lunch & Learn Peer-led light lunch with guest contributors
1 PM - 3pm	My Choice Healthy Relationship Workshop Healthy relationship workshop with Stop domestic abuse
4 PM	Service Closes

Thursday

Time	Activity
10 AM	Service Opens
10:30 AM	Creatful Art Group A space for women to Connect through mindful Creativity
12 PM	Lunch
1 PM - 3PM	Freedom Programme A weekly rolling group run by Stop Domestic Abuse
1 PM - 4PM	Women's Health Clinic Speak to Mary about sexual and reproductive health, including screening and testing and all forms of contraception
1 PM - 4PM	Crèche
3 PM - 4PM	Acupuncture
4 PM	Service Closes

- Access to Recovery/Family Workers and Peer Support is available on both days
- Access to mental health nurse on the first Thursday of every month

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