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

Meditation

Peer support groups

Access to family and recovery workers

Mindful creativity group

Free lunch!

Cost of living advice

Freedom Programme/Domestic abuse support

Nurse-led clinic

Tai Chi



Want more information, or need support accessing us - speak to Fran 07464981060 or Makayla 07912516878 or just drop in to see us

PROJECT W

Wednesday

Time	Activity
10 AM	Service Opens
11am-12.30pm	Wednesday Wellness Circle
1 PM	Wellbeing Activity*
4 PM	Service Closes

*Wellbeing activities vary from week-to-week. Please contact us for more information

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
1.30PM	Menopause Support Group (fortnightly)
3 PM - 4PM	Guided Meditation
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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