Haven
Domestic Abuse Service
Charity no. 519445

Women's Empowerment Group

Every other Friday starting
Friday 3rd July at
Pescod Hall, Tonic Health, Boston
10am-12pm

Meet other women

A safe, welcoming environment for all women...

Enjoy coffee & a chat

Activities

- Crafts & creative fun
- Cooking sessions
- Drop-in & legal advice

Friendship

- Make friends
- Share experiences

Support

- Confidence courses
- Life skills sessions
- Health & wellbeing support

Empower • Inspire • Support Women
No need to book a place, just turn up

For more information:
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