

## Mondays

### Eyes Wide Open

10:00am - 12:00pm

This 6-week programme is designed to support women to identify abusive behaviours and the impact that these behaviours have on their lives.

### MindFit Plus

11:00am - 12:30pm

This 6-week course is specifically aimed at those with symptoms of ADHD and anxiety and helps participants manage stress, anxiety and overwhelm.

### Arts & Crafts (drop-in)

1:00pm - 3:00pm

Drop in for a cuppa and some crafts! All materials provided.

## Tuesdays

### Spring Into Spring

10:00am - 12:00pm

Covering practical skills including cooking and eating well on a budget, savvy shopping and DIY, we also have advice and guidance from our money and energy specialists. Receive a FREE slow cooker/air fryer and our Good Food Good Mood recipe book upon completion.

## Wednesdays

### Wellbeing Wednesdays (drop-in)

10:00am - 12:00pm

Pop in for a cuppa and a chat! Everyone is welcome.

### Introduction To English

1:00pm - 3:00pm

This 6-week course will help you to develop the skills you need to improve spelling, punctuation and grammar.

## Thursdays

### MindFit

10:00am - 12:00pm

This 6-week course helps you to manage stress, anxiety and learn self-compassion.

## Fridays

### Menopause Fridays

10:00am - 12:00pm

Meet women facing similar experiences and swap ideas, tips and strategies to help you through this phase of life.

### Healthy Relationships

1:00pm - 2:30pm

Build healthier relationships with family and friends in this 6-week group. Begin to understand perspectives, communication styles, anger triggers and frustrations.



Scan the  
QR code  
to find  
out more!



# LANCASHIRE WOMEN *Blackpool*

**There's lots going on at  
Lancashire Women's  
Blackpool Hub!**

It's a women-only space for you to make friends & try something new. Our super-friendly team are here with different free activities for you to try!

★ **I-I Therapy**

★ **Outdoor  
Activities**

★ **Money Advice**

★ **Energy  
Advice**

**Find out more:**

**[www.lancashirewomen.org/blackpool](http://www.lancashirewomen.org/blackpool)**

*Pop in and see us!*

**255 Church Street,  
Blackpool, FY1 3PB**

**☎ 0300 330 1354**

*We are* **LANCASHIRE WOMEN**

