

FREE WOMEN ONLY 'ALL ABOUT' DROP INS

Aspire Learning, Support & Wellbeing, Chester-le-Street, DH3 3AW
Selected Fridays 9.45am—12pm

A chance for women to chat in a safe place, refreshments provided
No referral or booking required

For info call 0191 389 1504 or email enquiries@aspire-northeast.co.uk

15th November - Domestic Violence Abuse
Supporting the 16 days of elimination of
violence against women

6th December - Mental Health Awareness
Approaching and preparing for the festive
period

13th December - Mental Health Awareness
Approaching and preparing for the festive
period



***“Drop-in is a
lifeline for so
many women!”***

***- Regular Drop In
attendee***