

# 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 <ul style="list-style-type: none"><li>A safe space to connect and get creative</li></ul>
12 PM	Lunch & Learn <ul style="list-style-type: none"><li>Peer-led light lunch with guest contributors</li></ul>
1 PM - 3pm	My Choice Healthy Relationship Workshop <ul style="list-style-type: none"><li>Healthy relationship workshop with Stop domestic abuse</li></ul>
4 PM	Service Closes

### Thursday

Time	Activity
10 AM	Service Opens
10:30 AM	Creatful Art Group <ul style="list-style-type: none"><li>A space for women to Connect through mindful Creativity</li></ul>
12 PM	Lunch
1 PM - 3PM	Freedom Programme <ul style="list-style-type: none"><li>A weekly rolling group run by Stop Domestic Abuse</li></ul>
1 PM - 4PM	Women's Health Clinic <ul style="list-style-type: none"><li>Speak to Mary about sexual and reproductive health, including screening and testing and all forms of contraception</li></ul>
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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