



Are you feeling **anxious**, **stressed** or **lonely**? Are your relationships becoming strained? We are a team of women, here to listen, support you, and provide information and resources.

For women from every background. For women today and tomorrow.

Visit our centre:

228 Mary St, Balsall Heath, Birmingham, B12 9RJ

anawim.co.uk

0121 440 5296

Free Helpline:

0330 056 0065

Drop-in: Mon–Thu:

10am–4:30pm

Fri: 10am–4pm

Anawim – Birmingham's Centre for Women is a registered charity, number 1159706 and a company limited by guarantee registered in England and Wales (company number 09322109)

