

Our Details

Mondays 10.30- 12.30pm: Free Drop-in to meet other women or book a 121 Advice session.

Tuesdays: 10.00- 2.00pm: Skills Development Workshop: EMPOWER HER!

Empowered Living Programme is dedicated to helping women recognise their personal aspirations and provide them with the chance to develop their skills in various aspects of everyday life helping them reach their full potential and to live a life of dignity. The 12-week program is divided into three sections: Personal Development, Digital Skills, and Employability Skills or Business Start-up.

Tel: 0333 1881 505 (Mon-Fri)
DA: 07507 414336 (Mon-Fri)
E: support@shewise.org
Web: www.shewise.org

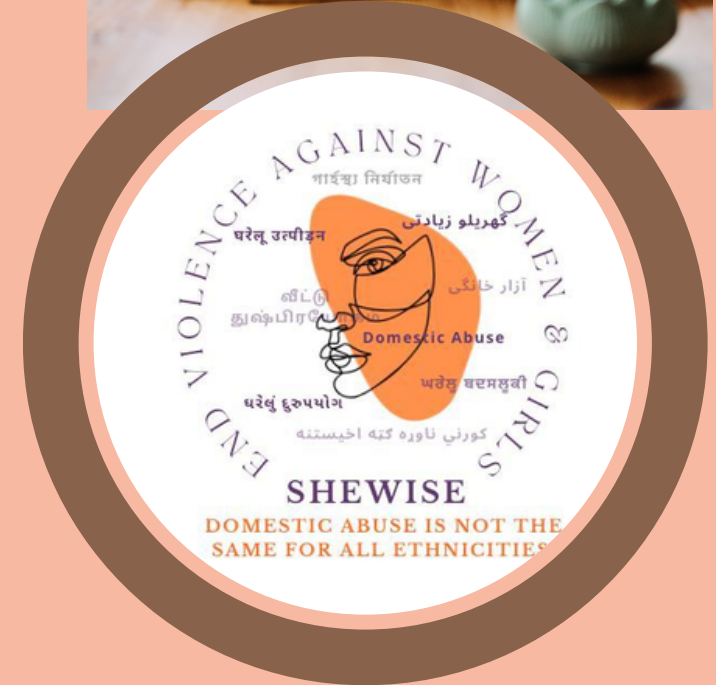
Types of Service we offer

- Domestic Abuse Advice (free line)
- Mental Health & Wellbeing Programme & Workshops
- Skills Development Workshops
- Entrepreneur skills/ Coaching
- Training Workshops
- Reconnect & Rebuild (women in prison)



If you are a woman experiencing financial hardship, low mood, domestic abuse or other mental health concerns

And you need free, confidential, multilingual and Bilingual advice, support or just someone to talk to then please call us or come to our Resource Hub to explore many options that we have on offer.



SHEWISE WOMEN'S Resource Hub

**Add: Holy Trinity Church, 6 High Street.
Hounslow. TW3 1HG
(Entrance from the Back Car Park only)**