

SHewise

SHewise HOLISTIC MODEL OF EMPOWERED LIVING

HEAL | LEARN | GROW

1

Mental Health & Wellbeing - Move

- Emotional Wellbeing
- Balance & Movement
- Mindfulness & Active Pursuit



2

Social Connect

- Advice & Advocacy
- Safety
- Community & Connection



3

Educational - Learn

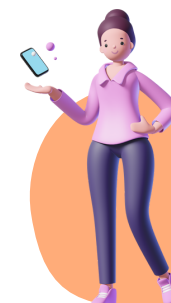
- Coaching & Mentoring
- Training & Workshops
- Skills Development



4

Economic - Creativity & Expression

- Financial Independence
- Employment
- Entrepreneurship



Contact Our Capable Team

Free Help Line: **0333 1881 505**

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Visit: www.shewise.org

