

The Esther Project 

WELLBEING WORKSHOPS

At The Esther Project, we offer a free 6-week course of women only well-being workshops.



“ Really helpful as it helps me to
move forward with my recovery ”

Our heart is to create a safe and supportive environment that can encourage, equip and empower women by providing them with knowledge and tools to manage and maintain their own well-being.

Our workshops are conducted in person by our outreach workers, who are trained in trauma-informed care. Each workshop lasts between 45-60 minutes and covers a range of topics: self-care, self-esteem, boundaries, cultivating healthy relationships, promoting kindness, and embracing positive change.

“ Very much enjoyed the session,
the content has really given me
something to think about ”

If you have any questions about our workshops or would like to book, please don't hesitate to contact us.
We would love to speak with you.

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