



Barrow Reception Opening times

Monday 9.30am- 4pm

Tuesday 9.30am- 6pm

Wednesday 9.30am- 4pm

Thursday 9.30am- 6pm

Friday 9.30am- 1pm

Appointments may be outside of
these times

Women's Community Matters
Nan Tait Centre, Abbey Road
Barrow-in-Furness
LA14 1LG

Kendal Centre

Tuesday 9.30am- 4pm

Wednesday 9.30am- 4pm

Appointments may be outside of these times

Kendal Town Hall

Highgate, Kendal

LA9 4DL

Contact Us

 01229 311102

 www.womenscommunitymatters.org

 reception@womenscommunitymatters.org

 Women's Community Matters

 [wcm_barrow](https://www.instagram.com/wcm_barrow)



Charity Number: 1156492

Beautiful Women & Beautiful Me



Email Mollie at
mollie@womenscommunitymatters.org
to book

B A R R O W
women's
COMMUNITY MATTERS

Beautiful Women

Beautiful women is part one of this personal development course, building women's confidence and self-esteem in a safe and trusting environment. The course aims to help you begin the process of self-acceptance, to challenge the prejudice and discrimination present in society, to experience being listened to and understood within a group and facilitates personal growth to learn to trust others in a safe environment.

Session Titles:

1. Womanhood
2. Embracing difference
3. Who am I ?
4. My journey
5. Love & Belonging
6. Reflections & Endings

Sessions are two hours long.

Beautiful Me

Beautiful Me is part two of this personal development course, following on from the successful completion of Beautiful Women. Beautiful Me intends to be a deeper exploration of self through more challenging activities and topics. Beautiful women explores the world and its impact on us whereas Beautiful Me is much more about a personal journey and how we found ourselves here, recognising emotions, perceptions and responsibility.

Session Titles:

1. The self
2. Emotions
3. Perceptions
4. Expectations
5. Communications & Relationships
6. Endings & New Beginnings

Sessions are two hours long.

