



## 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](http://www.womenscommunitymatters.org)

 [reception@womenscommunitymatters.org](mailto:reception@womenscommunitymatters.org)

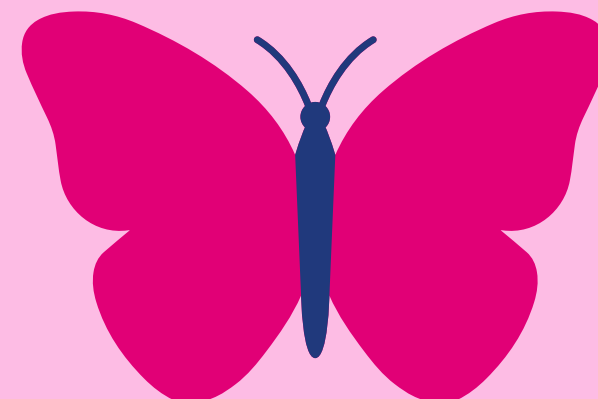
 Women's Community Matters

 wcm\_barrow



Charity Number: 1156492

## The Butterfly Project



Email Megan at  
[megan@womenscommunitymatters.org](mailto:megan@womenscommunitymatters.org)  
to book

**BARROW**  
**women's**  
COMMUNITY MATTERS

# What is the Butterfly project ?

A weekly group to explore different types of Domestic Abuse and the effect it can have on you and your family. We create a safe, non-judgemental space to allow you to share your thoughts openly, or just listen until you feel ready to take part.



# How long is the course ?

- The course runs for 6 weeks and the topics covered are:
- Types of Domestic Abuse
- Physical abuse
- Effects of abuse on children
- Sexual Abuse
- Emotional / psychological abuse
- Online Digital abuse

# How do I book on to the course?

You will need to have a key worker at Womens Community Matters, they can then book you on to the course.

Alternatively, you can call:

01229 311102

and speak to Megan, or visit the centre in person.

# What will I gain from the course ?

You will have the space to talk about your experiences, should you wish to do so, and listen to those of others who may have been in similar situations.

You will have the chance to explore different forms of abuse and it may help you to gather your own thoughts and feelings on the topic.

You will form new friendships, and learn to support each other, as well as gaining support from the staff.

