



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



Charity Number: 1156492

My Relationships & Me



Email Marie at
marie@womenscommunitymatters.org
to book

B A R R O W
women's
COMMUNITY MATTERS

What is My Relationships & Me ?

A 6 week course to explore the relationships in your life with your partner, children, family, friends, but most importantly the relationship with yourself

What the sessions cover :

- My Relationships
- Domestic Abuse
- How the brain deals with trauma
- Sex and Consent
- Body Language
- Communication
- The Butterfly Effect

Our Aim :

My Relationships & Me aims to help you understand and reflect on the relationships in your life. It covers the different types of relationships you have; with your family, friends, partner and children. The most vital relationship you can explore through the 6 weeks is the one with yourself.



" Enjoyable and engaging, I have learnt so much about the pattern/ timeline of abuse"

" The facilitator knows so much about any issue raised, it makes you feel comfortable and that you're with somebody that really honestly cares"

"I have learnt it's okay not to be okay, the topic about the brain and how it deals with trauma is so interesting, i have made real friends in this group"

" From start to finish this group is ran smoothly, anything you don't understand the staff member will go back and explain it for us, it is enjoyable and should be on everyday"

Previous participants of My Relationships & Me