



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

Women First



Email Leanne at
leanne@womenscommunitymatters.org
to book

BARROW
women's
COMMUNITY MATTERS

What is Women First?

Women First offer a safe space for women to share their stories and experiences, should they wish to do so. As it is a group setting, women are surrounded by others in a similar situation, thus creating a peer support system.

In every session, work sheets and work boards are completed, to help you understand and make the best use of the session.



Session Themes:

1. Why Women Offend
2. Substance Misuse
3. Relationships
4. Thinking and Behaviour
5. Education, Training & Employment
6. Victim Awareness
7. Housing & Money Management
8. Wellbeing

Two add on sessions - All about Me ,
Women's First Cafe

" I feel like I always have somebody to talk to, I have learnt so much about coping with difficult situations, and why I react in the way I do, [Leanne] has shown me how to manage this."

-Previous participant of Women's First

Participation in the course requires a referral from probation.

The course runs every Thursday for 8 weeks 10am-12pm

