

## THE BRIDGES PARTNERSHIP

**41-46 CAVENDISH MILL, BANK STREET, ASHTON UNDER LYNE OL6 7DN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9am – 2pm</b> Citizens Advice Drop in.</p> <p><b>9.30am – 12pm</b> Daisy Chain</p> <p><b>11am – 12pm</b> LAVA – Life After Violence &amp; Abuse</p> <p><b>12.30pm – 1.30pm</b> Craft for calm (starting 29<sup>th</sup> April)</p> <p>VR Flourish sessions available</p> <p>Counselling (appointments available am and pm)</p>	<p><b>9.30am – 11.30am</b> Coffee Morning</p> <p><b>10-12 – Support to succeed</b> Employability drop in</p> <p><b>1pm – 3pm</b> R.A.M.P (Reduction and Motivation Program)</p> <p>CGL appointments available (pm)</p> <p>VR Flourish sessions available</p> <p>Counselling (appointments available am and pm)</p>	<p><b>10am – 12pm</b> Blossom – Parenting support</p> <p><b>1pm – 2pm</b> PINK – self-esteem &amp; confidence</p> <p><b>9-5 CGL</b> drop in (starting 22<sup>nd</sup> May)</p> <p>VR Flourish sessions available</p> <p>Counselling (appointments available am and pm)</p>	<p><b>10am – 12pm</b> VOICE (Victims of Intimate Coercive Experience)</p> <p><b>12.30pm</b> Bromley’s Solicitors drop in (2<sup>ND</sup> Thursday of every month)</p> <p><b>3.30pm – 5pm</b> CHIDVA program</p> <p>VR Flourish sessions available</p> <p>Counselling (appointments available am and pm)</p>	<p><b>10am – 12pm</b> VOICE (Victims of Intimate Coercive Experience)</p> <p><b>12.30pm – 2.30pm</b> Living Life to the Full – Know your baby (starting 3<sup>rd</sup> May)</p> <p><b>1pm – 2pm</b> Mending Mindsets (starting 31<sup>st</sup> May)</p> <p>CGL appointments available (am &amp; pm)</p> <p>Counselling (appointments available am and pm)</p>

At our Women’s Centre we have a variety of courses, groups and drops in’s to support women with needs around:

Domestic Abuse / Substance Misuse / Parenting / Wellbeing / Finances / Employability / Anger management

Our coffee morning is ‘drop in’ (booking not required). All other sessions are pre-booking only. To join a group please drop into our coffee morning/call us on 0161 331 2552/email: [bridges@jigsawhomes.org.uk](mailto:bridges@jigsawhomes.org.uk)