

AUGUST 2025
TOMORROW'S WOMEN EMPOWERING TIMETABLE, CHESTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Breakfast club 09:30-11:30am	 Breakfast club 09:30-11:30am	 Breakfast club 09:30-11:30am	 Breakfast club 09:30-11:30am	 Breakfast club 09:30-11:30am
®  11th & 18th August 10-12pm	 Speak with a social worker 26th August 10-12pm ®	NHS talking therapies 20th August 10-11am Come and talk to someone about accessing talking therapies 	® MSB Solicitors 7th & 21st August 09:30-10:30am  means something better.	Skills network 22nd August Have you considered studying in your spare time? Come along and chat with the skills network to see what online courses are available 
® Family support group Every Monday 10-11am Advice and guidance around parenting and social care 	LGBTQIA Awareness 12th August 10-2:30pm This session covers topics such as; - Gender identity and diversity - LGBTQ Terminology - LGBTQ History - Inclusivity, prejudice and discrimination ® 	Repurpose and recycle 10-11am Every Wednesday Learn about reusing and repurposing materials to breath new life in to every day items. 	Wills and probate 28th August 10-12pm Come and speak to louise about any questions or queries you may have around wills and probates 	Consent information session 8th August 10:30-11am ® 
Creative writing Monday 4th August 10-11am 	Make your own Seed bombs 19th August 11-12pm 	LGBTQIA Domestic abuse information session 13th August 11-12pm Learn about domestic abuse and how the LGBTQIA+ community experience this in a unique way 	Domestic abuse support group Every Thursday 11-12pm Covering different areas of abuse Let's SUPPORT EACH OTHER 	Shared reading 1st, 15th & 29th 10:30-12pm At shared reading groups, a trained Reader leader selects wonderful stories and poems to read aloud together. Everyone is welcome to share how the words make them feel, as well as their thoughts, ideas or memories. There is no pressure to talk or read aloud 
Menopause awareness 11th August 10-2:30pm Come and learn more about the signs around menopause 			Create a postcard for yourself 7th & 12st August 12-1pm 	

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Diamond Art Every Monday 11-12pm 	Morecrofts [®] SOLICITORS Family Law specialist Every Tuesday 12:30-1:30pm	 Gardening 11-12pm Every Wednesday Support us in creating a welcoming garden space 	Journalling 7th, 14th 21st August 1-2pm Week 1 – Self care Week 2 – Budgeting Week 3 – Goal setting 	 Friday social Every Friday 12:30-2:30pm Come along and join our staff, students and volunteers for a social afternoon. 
Knit and Natter Every Monday 12-1pm Bring your own project or learn basic skills 	Music and sing a long Every Tuesday. 1-2pm 	[®] TW wellbeing Every Wednesday. 1-2pm Session 1- Resilience Session 2 – Mindfulness Session 3 – Self compassion Session 4 – Self care 	 Building effective Communication 28th August 1-3pm • To build an understanding of healthy, effective communication • To explore communication styles and barriers • Practice active listening • To learn assertive speaking techniques [®]	IMMERSIVE MINDFULNESS Every Friday 2:30-3pm 
 Sound Bath 18th August 2-3pm Its great to be cosy for a sound bath so wear your comfiest clothes, we'll provide a yoga mat, feel free to bring a cushion, blanket and eye mask if you wish. 	1:1 appointments with an Employability mentoring 5th August 1-3pm  Forum 26th August 2-3pm  We would love to hear your views, ideas and Suggestions 	Start your day well 27th August 1:30-2:30pm Together we'll develop a morning routine that will fit into your life and start your day well 	[®] Housing advice 14th August 1:30-3pm Housing advice for rental and housing association 	Berkson [®] 8th & 22nd August Telephone appointments 2-4pm 

Please note **BOOKING is ESSENTIAL** for all sessions listed to attend, ring 01244 906494 or email admin@tomorrowswomen.org.uk to book