



Empowering Women

An open minded Peer Support Group for women (aged 18-65) in the Peterborough area. A place where you can feel safe, heard and valued.

Are you experiencing or have you experienced any of the following?

- Mental Health Challenges
- Domestic Abuse
- Social Isolation

If so why not come along and be a part of our Empowering Women Peer Support group at CPSL Mind Peterborough. This group aims to connect you with other women who have had similar experiences so that you can develop the following in to your life:

- Build meaningful connections
- Increase your identity and self-esteem
- Promote positive wellbeing whilst developing hope and trust for the future

To find out more or if you want to become a part of this new and exciting group then please contact Corrina Turner at CPSL Mind on 01733 362990 or email empoweringwomen@cpslmind.org.uk.