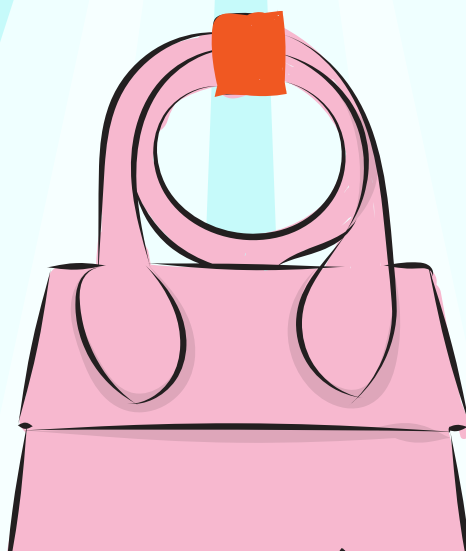
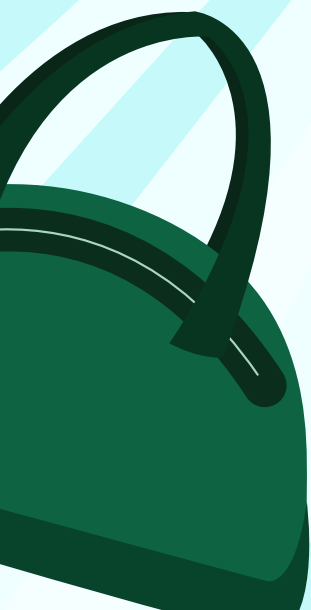


LADIES BAG

LADIES BEFRIENDING ANXIETY GROUP

**Relax in a safe space away from
everyday issues**



LADIES BAG

LADIES BEFRIENDING ANXIETY GROUP

As ladies, we are known to be strong. We often fill our bags and minds to the brim, with all sorts of everyday everything. Whilst being strong, we can often find ourselves becoming anxious, but still, we continue to fill our bags and minds.

LADIES BAG

LADIES BEFRIENDING ANXIETY GROUP

Ladies Bag are a women's group who come together to befriend anxiety!

We do self-care sessions, or sometimes just have a coffee and a chat. You can share your highs and lows of the week or just spending time listening.

We learn new things, like crafting, crocheting, adult colouring, quizzing.

LADIES BAG

LADIES BEFRIENDING ANXIETY GROUP

- **For women aged between 18-67**
- **Meet every Friday morning at 10am - 12pm**
- **We meet at Bridge Church, 7 Silverdales, Dinnington, S25 2QE**

For more information please contact
ladiesbagclub@gmail.com
07947 596792