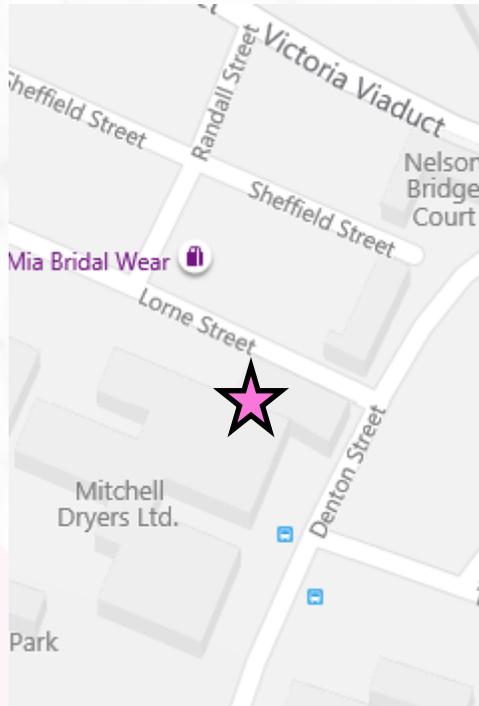


Gateway4Women are offering weekly sessions for women aged 14 – 19 years. You can join at any time and do not have to commit to the full 12 sessions. You can drop-in and out of the project to suit your needs. The first half hour is a drop-in session for women to chat and enrol onto the course, followed by the personal development course covering the following topics:

Womanhood	Mental Wellbeing
Being Different	Love & Belonging
Social media & Celeb Culture	Style & Appearance
Sex	Drugs & Drink
Eating Habits	My Journey
Relationships & Communication	Who am I ?

Find us:



 Gateway4Women
 Former Mitchell Dryers Building
 Lorne Street
 Denton Holme
 Carlisle
 CA2 5DU

01228 212090

PAUSE,
for thought

**Young Women's
personal
development
project
Ages 14 - 19**

**Starting 2nd October
2019
& then every Wednesday
4.30pm - 7pm**



GATEWAY 4 WOMEN

Aims of the project

- To build confidence and self-worth in a safe environment through activities, discussions and feedback from others.
- To begin the process of self-acceptance within a non-judgmental space, allowing young women to explore and develop their individual identity.
- To connect with other young women who have similar experiences as a process to recovery, sharing their stories as part of the group process.
- To challenge inherent prejudice, assumptions and discrimination and allow young women to think differently about themselves and each other.
- To understand what constitutes sexual consent and the difference between healthy and unhealthy relationships.
- To understand the influence society has on our relationship with our bodies and begin to safely explore what impact this has on our self-esteem and confidence.
- To recognize how our eating habits and our drug and alcohol use has on our lives, including on our mental wellbeing.

One to One support

During the evening there is also the opportunity for women to access one-to-one support should you need to talk to a support worker in confidence.

Peer Mentoring

We offer training to young people following the completion of all 12 -sessions. The training will enable the women to support during future sessions of Pause, for thought and encourage the Personal Development of other young women.

The most beautiful thing
a woman can wear is

Confidence

Referrals

If you, or someone you know of is interested in taking part in pause for thought you can self refer by contacting Angela Lawson (project support worker):

Phone : 01228 212090

Email:

Angela.lawson@cumbriagateway.co.uk

Important Information

You must be 14– 19 years of age to be referred on to pause for thought.

If you are aged under 16, you must have your parent/ guardian sign a consent form. **We cannot work with you without a consent form.**

All additional information, referral forms and consent forms will be sent out after initial contact.