



Women's Group

Peer support group with therapeutic, social and creative elements.
Mondays 4-6pm
Open to 16-25 year olds

Address: 42nd Street, 87-91 Great Ancoats Street, M4 5AG

Call: 0161 228 7321

Email: theteam@42ndStreet.org.uk

Web: www.42ndStreet.org.uk

Instagram: [@womensgroup42](https://www.instagram.com/womensgroup42)

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STREET

Women's Group

Who's It For?

Young women aged 16-25 who have experienced feelings of:

- Isolation or loneliness
- Anxiety or depression
- Low self confidence or self esteem
- Self harm or suicidal feelings

Come and join us to connect with other young women who've experienced similar issues.

We support each other in a safe space to improve our mental health and wellbeing.

'Women's group is very welcoming, it is a very open and judgement-free zone'

'Women's group feels like a safe and supportive space'

'The group is full of creative, supportive women.'

FREE Snacks

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