

Healthier Happier **Positive** New skills Empowered
Make friends Confidence Enjoyment Grow

WOMEntalk

#MakingADifference

WOMEntalk
is a weekly group
session, designed to bring
women **together** to provide
support and improve their
mental health and well-being.
Delivered by SBitC's mental
health team and professional
sports coaches.

Don't feel alone, join WOMEntalk

Launching
**OCTOBER
2021**

WOMEntalk is delivered in two locations: Warwick | Nuneaton

If you'd like to get involved with one of our friendly WOMEntalk sessions, please get in touch
today jack.clemons@sbitc.org.uk | 07494734264

Together • Improve Confidence • Chat • Multi-sport Activities • Meet New People

SKYBLUES
in the COMMUNITY



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