

The Wellbeing Programme

A PROGRAMME OF ONLINE WELLBEING WORKSHOPS DESIGNED TO SUPPORT WOMEN DURING COVID-19

From February 1st 2021, we will host a weekly **Mindful Monday** session: from **meditation** to **mindfulness**, **Chi Kung** to **Breath Awareness**, sessions will focus on restoring calm & balance.

We also facilitate **Wellbeing Wednesdays**, creating different workshops & sessions weekly. Upcoming sessions include: [Pilates](#), [Self-Care at Home with Kids](#) & [Financial Wellbeing](#).

Other bespoke programmes include: [Self-Compassion & Empowerment Series](#), [The Gratitude Gallery](#) (gratitude practice using phone photography, designed as a mood-boosting creativity activity in a safe group) & a [Peer Listening Programme](#).

Our wellbeing programme is open to all women, no matter where you are based.

Many of our workshops & programmes are free to attend & funding is available for unwaged/low-waged women.

Funded by

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SMALLWOODTRUST

THE GROWING CLUB CIC

605 Alston House, White Cross,
Lancaster, LA1 4XQ
01524 383846 | 07892 712417

WWW.THEGROWINGCLUB.CO.UK



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FEBRUARY 2021 WORKSHOPS & EVENTS

FEBRUARY 1: MINDFUL MONDAY WITH SUSAN WHITEHEAD, 7-8PM

FEBRUARY 2: THE GRATITUDE GALLERY PHOTOGRAPHY PROJECT WITH GINNY KOPPENHOL, 1-2.30PM

FEBRUARY 3: FUN WAYS TO TAKE CARE OF YOURSELF WITH THE KIDS AT HOME: WITH HANNAH EHLERT, 10-11.30AM

FEBRUARY 8: MINDFUL MONDAY: LUNCHTIME MEDITATION - WITH ALISON GOODWIN, 12.30-1.30

FEBRUARY 8: PEER LISTENING PROJECT, 1-2PM

FEBRUARY 10: FUN FROM OLD FABRICS: T-SHIRT YARN - WITH GABRIELLA BAVONE, 7-8.30PM

FEBRUARY 12: FUN FRIDAY QUIZ WITH LISA CORKERRY, 7-9.30PM

FEBRUARY 15: MINDFUL MONDAY: MOVING MINDFULLY - WITH NICOLA BEARDSWORTH, 2-2.45PM

FEBRUARY 17: EMPOWERED MOVEMENT - SESSIONS FOR LOCKDOWN WITH GABI CROSSLEY, 4-5PM

FEBRUARY 22: MINDFULNESS MEDITATION FOR WOMEN, WITH HAZEL HARDIE, 10-11AM

FEBRUARY 24: WHEN, WHY AND HOW TO ASK FOR WHAT YOU WANT - WITH SARAH LUDFORD, 10-12.30PM

FEBRUARY 26: SELF-COMPASSION AND EMPOWERMENT SERIES, 10-12PM

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