

THE POWER OF YOU & THIS IS ME UPDATES

A quick update about up & coming workshops & activities.

After just completing our third successful workshop since the summer break and reaching out to a further 24 women in Chesterfield, Dronfield and Grassmoor, we have more The Power of YOU Women's Wellbeing & Empowerment Workshops scheduled during Oct & Nov. These are taking place in Bolsover, Chesterfield, Coal Aston and Poolsbrook.

We still have free places, but sessions are booking up very quickly. For further details please follow the Eventbrite Link

<https://www.eventbrite.com/cc/the-power-of-you-womens-empowerment-workshops-1970189>

After the success of the girls' This is ME journalling workshops during the summer holidays, we have scheduled three more for the half term break. These will be taking place at CDC Cosy Hub, Chesterfield Football Club and Poolsbrook Social Welfare. We are trialling one day workshops at Cosy Hub and CFC. These will be slightly longer with a lunch break. For more information and to book a free place(s) please follow the Eventbrite link.

<https://www.eventbrite.com/cc/this-is-memap-to-fantastique-workshops-for-girls-2003969>

We continue to link up with Sorbo Lounge, Chesterfield every 2nd Wednesday of the month 10:00am - 11:30am. If you want to find out more about Compassionate Voices in a relaxed environment, come and join us for a coffee. Next one is 9th Oct. Link below to register and let us know you are coming along.

<https://www.eventbrite.com/cc/meet-the-team-at-sorbo-lounge-3467159>

We have also teamed up with the lovely Tracey Barnes to create a social/informational activity at CDC Cosy Hub. Come and find out about Compassionate Voices and Dancing for Health and enjoy a fun, healthy dancing session. Seated or standing.

<https://www.eventbrite.com/cc/compassionate-voices-dancing-for-health-3505429>

Any queries about the above, please email sharon@acompassionatevoice.co.uk

Thank you for your continued support.

With warmest wishes

Sharon X

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