



# Kendal Centre

Tuesday 9.30am- 4pm

Wednesday 9.30am- 4pm

Appointments may be outside of these times

Kendal Town Hall

Highgate, Kendal

LA9 4DL

## Contact Us

 01229 311102

 [www.womenscommunitymatters.org](http://www.womenscommunitymatters.org)

 [reception@womenscommunitymatters.org](mailto:reception@womenscommunitymatters.org)

 Women's Community Matters

 wcm\_barrow



Charity Number: 1156492

## Barrow Reception Opening times

Monday 9.30am- 4pm

Tuesday 9.30am- 6pm

Wednesday 9.30am- 4pm

Thursday 9.30am- 6pm

Friday 9.30am- 1pm

Appointments may be outside of  
these times

Women's Community Matters  
Nan Tait Centre, Abbey Road  
Barrow-in-Furness  
LA14 1LG

# Anything is Possible



Email Marie at  
[marie@womenscommunitymatters.org](mailto:marie@womenscommunitymatters.org)  
to book

**B A R R O W**  
**women's**  
COMMUNITY MATTERS

# What is Anything is Possible?

An eight session programme providing one-to-one emotional support. You can self-refer onto this programme through reception or by email, or if you are engaging with other professionals, you can ask them about a referral to the Centre.



## What the sessions cover :

- Who am I?
- Health and Wellbeing
- Healthy and Positive Relationships
- Aspirations and Goals
- Financial Mapping
- Domestic Abuse
- Coping Strategies and Techniques
- Support Networks and Signposting

During the appointments you will be able to speak to a member of staff about support for things you are struggling with.

We will run regular drop-in appointments where you can talk to other young women and attend activity sessions such as cooking and baking, health and wellbeing and other fun activities.

You can also access the clothes bank when you come to the centre.

