



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

 reception@womenscommunitymatters.org

 Women's Community Matters

 [wcm_barrow](https://www.instagram.com/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

Everything is Possible



Email Roger at
roger@womenscommunitymatters.org
to book

B A R R O W
women's
COMMUNITY MATTERS

What is Everything is Possible?

Everything is Possible is an 8-week one to one programme based on a person-centred approach where the needs of the young man are the focus.

The 8-week programme is flexible and will be adapted to the needs of the young man. Also, sessions are not limited to 8-weeks and support will continue to be provided as required.



What the sessions cover :

- Identity
- Self-esteem
- Mental Wellbeing
- Emotions
- Positivity
- Resilience
- Worries
- Motivation & Resilience

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

Appointments are at our Centre, but we also offer to meet in other places such as cafés or for a walk or some other outdoor activity if this is preferred. This way we can offer a more relaxed environment if required. We also have a clothes bank which is accessible to the young men.

Along with the one-to-one sessions we also have a weekly group which meets and is open to all young men where you can meet other young men on the programme and partake in group sessions on relevant issues as well as fun activities and cooking.

