Breakthrough UK Including Disabled People

Side by Side Disabled Women's Peer Group

Come and join us - a group for disabled women in Manchester.

The group meets every Tuesday, 1:30pm to 3pm on the 2nd floor of the Abraham Moss Centre in Crumpsall M8 5UF

Regular, accessible peer support groups - welcoming and friendly in a safe space. Grow your self-confidence and get to know your rights.

Feel valued, accepted and listened to.

Feel included and belong to a group with women who have things in common with you.

“It’s been a very good afternoon. Feel like the group is giving me more confidence.”

If you like the sound of Side by Side women's peer group please contact us to find out more and let us know about your access

requirements

Call Elaine or June on: 0161 234 3950, or text direct: 0793 994

3383.

Email: womensidebyside@breakthrough-uk.co.uk

www.breakthrough-uk.co.uk

Logo: Women Side by Side uses peer support to improve the mental health of women facing disadvantage. The project is supported by Mind and Agenda, the alliance for women and girls at risk.

Breakthrough UK is a registered charity, number 1078009.

Logos:

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Mind for better mental health

Agenda Alliance for women and girls at risk