

ONLINE WOMEN'S GROUP

Using Zoom, we provide a facilitated online space for women who feel cut off from the world, in these unprecedented times.

Join our FREE online group sessions for women registered with GPs in LS12 & LS13

Every Thursday 10am - 11.30am

Starting Thursday 11th June 2020
10am - 11.30am
(please ask for zoom link below)

To find out more please get in touch:

 07341 736 298 (Mon - Fri, 9am - 5pm)
(Call, text or leave a voicemail)

 counselling@barca-leeds.org

**...an online
space for you**

Women who feel **angry** or
Women who feel **unhappy** or
Women who feel **stressed** or
Women who feel **low** or
Women who feel **lonely**