



**FLOURISH
FRAMEWORK**

**Rethink
Mental
Illness**



Women's Wellbeing Sessions

Join us for a friendly and creative space to unwind and connect.

Our wellbeing group includes a variety of activities from sewing, crocheting, arts and crafts to relaxing walk-and-talk sessions or simply pop in to enjoy coffee, cake, and a chat.

Special thanks

to **Gemma Martin** for facilitating these sessions



From Wednesday 15 January 2025, and every fortnightly after



rani.fernandez@rethink.org



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The Haven at Speedwell, 378 Speedwell Road, Bristol, BS15 1ES

rethink.org

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The Renewal Project

A safe, supportive, and empowering space for women affected by domestic abuse and coercive control to share experiences, gain resources, and develop coping strategies.



From 23 January 2025, running every other Thursday



05:30 - 07:00 pm



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Racial Trauma Focus Group

A safe space to discuss the effects of racism and explore pathways to mental health provisions that can better understand and aid the mental health needs of BME communities.



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