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.fernanadez@rethink.org   **07436246182**

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

rethink.org

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

✉️ rani.fernandez@rethink.org 📱 07436246182

📍 The Haven at Speedwell, 378 Speedwell road, Bristol, BS15 1ES

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.

Every Wednesday

05:30pm - 07:00pm

rani.fernandez@rethink.org

07436 246 182

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