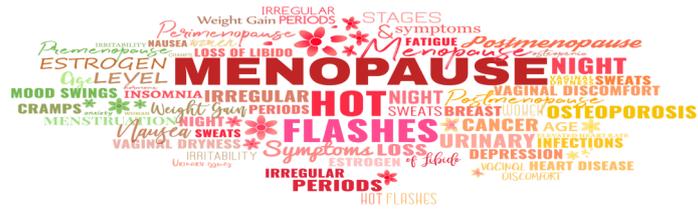


Plymouth

Menopause

Network



Are you experiencing the rollercoaster that is the Menopause, or think that you might be ?

- Would you like to connect with other women going through similar experiences ?
- Do you want to gain helpful tips and support to help you get through it ?

Then why not join our Plymouth Menopause Group ?

Due to Covid 19 restrictions, meetings will be held virtually using Facebook Messenger chatrooms.

Sessions will be held on Mon 16th Nov 1-3pm,
Mon 14th Dec 1-3pm, Tues 14th Dec 6-8pm

We will be looking at how we can make living with the menopause easier including topics such as HRT, how to eat well during the menopause, how to cope with hot flushes, emotional wellbeing during the menopause and anything else you thing would help you on this journey.

If you have any queries regarding this group, please do not hesitate to contact us on 01752 211243 or 07714139706 or email OKProject@colebrooksw.org



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OKProject@colebrooksw.org
07851645584 / 07714139706

After Loss Support Group

Have you experienced a loss OF ANY KIND ?

the death of a loved one, loss of a job, end of a relationship ?

If you answer 'yes', you may find it helpful to come along to our Life After Loss Support Group. Come and share experiences with others in this friendly and supportive group.

Due to COVID-19 restrictions, we will be running a mixture of face-to-face group sessions and virtual sessions.

Virtual sessions will be held on the 2nd Monday of every month.

1.30-3.30

Miles Mitchell Village Hall

Miles Mitchell Ave, Crownhill, Plymouth PL6 5LY

Dates - **2020** - 9 Nov . 14 Dec

2021 - 11 Jan . 8 Feb . 8 Mar . 12 Apr . 10 May

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RELATIONSHIP BREAKDOWN

BEREAVEMENT

UNEMPLOYMENT