

Know Your Worth



Thursdays (8 week course)

4pm-5:30pm

At Just Drop-In, Macclesfield

This group will be led by Jen and will be supported by a volunteer, and will consist of 8 sessions starting on 2nd October (with a break on 30th October for half term).

This course is designed to create a safe and nurturing environment where teen girls can grow their self-esteem, recognise their strengths, build resilience, and develop a healthy self-image empowering them to make good decisions.

This group is for girls in Year 10 and 11 who would like to meet up with other girls who would like to build their self-esteem and confidence in a safe and nurturing space.

Drinks and snacks will be provided at each session and you will also receive a goody bag.

To find out more, scan the QR code.



There are only 8 places available for this course and will be allocated on a first come, first served basis.



Please check the website for availability to join this group before making contact with Jen: jenni.chadwick@justdropin.co.uk