

# Know Your Worth



8 week course (starting January 2026)

For girls in Year 7

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 in January 2026.

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 7 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](mailto:jenni.chadwick@justdropin.co.uk)