

Healthier Happier **Positive** **New skills** Empowered
Make friends Confidence Enjoyment Grow

WOMENTalk

#MakingADifference

WOMENTalk
is a weekly group
session, designed to bring
women **together** to provide
support and improve their
mental health and well-being.
Delivered by SBitC's mental
health team and professional
sports coaches.

Don't feel alone, join WOMENTalk

WOMENTalk is delivered in two locations: Warwick | Nuneaton

If you'd like to get involved with one of our friendly WOMENTalk sessions, please get in touch today
jack.clemons@sbitc.org.uk | 07494734264

Together • Improve Confidence • Chat • Multi-sport Activities • Meet New People

SKYBLUES
in the COMMUNITY



 Warwickshire
County Council

 FUNDED BY:
Warwickshire
County Council
COVID-19 RECOVERY FUND



07494734264 |
jack.clemons@sbitc.org.uk