

**LIVE EVENT**

Chorley Council Invites  
Women & Girls aged 12-21 years



# FOR THE LAUNCH OF 'SAFE HER DAYS'

**This six-week course provides the opportunity to learn boxing skills and engage with many different workshops over the summer holidays.**

- Mental health education and support.
- Self-esteem building exercises.
- Workshops on emotional regulation and anger management.
- Positive role modelling and mentoring.
- Opportunities for continued personal development and re-engagement with education or training.

**Through this initiative, the project aims to build resilience, provide safe spaces and create practical pathways for young women.**

At the same time, it offers meaningful engagement and progression opportunities, helping young women move towards a more stable and secure future.



**There are 2 Launch days where you can find out more information and sign up.**

There will be a dedicated team who you can chat to throughout the afternoon who will be able to provide you with lots of information.

**There will be plenty of free give aways such as, bags, pens refreshments and lots more...**

**Why not join us for a free afternoon (with plenty of free sweet treats and drinks to keep you refreshed!)**

## **Dates & Locations:**

**Wednesday 30 July 12:30-2.30pm**

Clayton Green Sport Centre Clayton -Le Woods, PR6 7TL.

**Monday 4 August 12:30 - 2.30pm**

Westway Sports Hub, West Way, PR7 1FG.

