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.







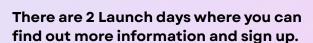












There will be a dedicated team who you can chat to throughout the afternoon who will be able to provide you with lots of information.

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.