



Milton Keynes Women's Centre Team

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Milton Keynes Women's centre



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www.c2csocialaction.com



Goal Setting Workshop

Set intentions
Plan out action
Smash GOALS



C2C SOCIAL ACTION

A goal setting
workshop to
help you work
out your goals
and plan action
towards them.



A goal without a plan, is just a dream.



Budgeting Workshop

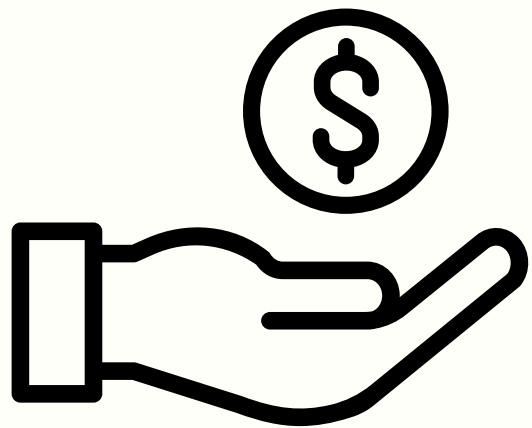
Join us for our
budgeting workshop,
helping to plan,
manage and account
for weekly or
monthly expenses.



C2C SOCIAL ACTION

Money management
is a learnt skill!

Come along and find
a plan that works for
you.



**C2C Social Action- Milton
Keynes Women's Centre**

07707270889

www.c2csocialaction.com



Milton Keynes Women's Centre

Come in & spill the tea.

*Thursday & Friday
11am - 1pm*



NO APPOINTMENT NEEDED

- Drop in for a cuppa and a chat.
- Creating a safe, judgement free zone where the women of Milton Keynes can come to chat, seek professional services and support.

DRINKS PROVIDED

Milton Keynes Central

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Women's Positive Mental Health & Wellbeing Course



Join us for our
Women's positive
Mental Health &
Wellbeing course.
3 sessions held over
3 weeks on a
Monday 11am -1pm.



**C2C SOCIAL ACTION - MILTON KEYNES
WOMENS CENTRE**

Course start dates

Monday 11th September

Monday 9th October

Monday 6th November

Monday 27th November

For more info & referral email
mkwc@c2csocialaction.com

 www.c2csocialaction.com

 07707270889



JOIN US FOR

Healing Trauma



Strategies for Abused Women

Trauma is a response to violence or some other overwhelmingly negative experience. Every woman heals differently...

Why participate in *Healing Trauma*?

The program uses a variety of therapeutic approaches: cognitive-behavioral therapy, expressive arts, and guided imagery which help to link current difficulties to trauma histories.

Our workshop covers:

- Introduction to trauma
 - Power and abuse
 - The process of trauma and self-care
 - Healthy relationships
 - Love and endings
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