

WOW

Women Only
Wednesdays

Here to support you
through your cancer
journey



Women Only Wednesdays

Whether you're living with cancer, supporting someone, or finding your way after a diagnosis, you don't have to face it alone. We understand that coming to a support group can feel daunting, but this welcoming, community-led women's group offers a safe space to connect, share experiences, and feel supported. We welcome all women, with a focus on those from **African** and **Caribbean** backgrounds. Join us and be a part of a supportive community that understands and cares.

Fortnightly on Wednesdays

1pm to 3pm

Kath Locke Centre

123 Moss Lane East

Manchester M15 5DD

What we offer:

- **A supportive and confidential space to talk and share**
- **Peer support and encouragement from other women**
- **Wellbeing activities such as relaxation, mindfulness, gentle movement, and creative sessions**
- **Culturally aware support that respects your experiences and identity**
- **Friendship, connection, and a sense of community**

We'll provide the refreshments and a light lunch. So pop in and join us to discover why we call our group WOW!

Reasonable travel expenses paid upon production of a receipt.

You don't have to face cancer alone. We're here to support you.

To find out more:

Call **0161 232 1286**

Visit **can-survive.org.uk/wow**

Email **info@can-survive.org.uk**

or scan the QR code



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