



BELONG

Join us for a 10-week life coaching and wellbeing programme for women to:

- Create friendships and a sense of local community
- Develop greater self-awareness and self-confidence
- Experience life coaching for personal development
 - Try out new hobbies and activities
 - Discover a sense of belonging

NUTRITION
&
MENOPAUSE
ADVICE

MINDFULNESS
&
EXERCISE

EMOTIONAL
WELLBEING
&
CONNECTION

CRAFT,
CREATIVITY
&
NATURE

Places are limited to a maximum of 15 people. Book early to secure your place

CONNECT, GROW & THRIVE WITH BELONG



"It's time for you to feel like you Belong!"

- Dates:** Two different programmes starting:
Monday 13th April 2026 - Monday 29th June
OR
Wednesday 22nd April - Wednesday 2nd July
(excludes school and bank holidays)
- Time:** 12:30 - 2pm
- Venue:** The Angel, 160 Main Rd, Broomfield, Chelmsford, CM1 7AH *Free parking
- Duration:** 10 different sessions - Mondays OR Wednesdays
- Cost:** £70 per person per programme.
Free places available (funded by The National Lottery)
- Criteria:** Free places are for those on low income or in receipt of benefits.
Belong is open to individuals who are female. This ensures the programme can meet its safeguarding aims and maintain the integrity of a women-only space. Policy available upon request.
- Registration:** Sign up on Eventbrite (QR code) or contact us
- Contact:** hello@projectmindempower.org
07596 919 903

SCAN THE QR CODE TO FIND OUT MORE & REGISTER

Monday 13th April
start:



MINDFULNESS | NUTRITIONIST &
MENOPAUSE WELLNESS SESSION
EMOTIONAL FREEDOM TECHNIQUE (EFT) ART
& SIP ART SESSION | VOCAL & CONFIDENCE
COACHING | GOAL SETTING | HAIR, SKIN &
MAKE -UP SESSION | HOT DRINK EACH WEEK
| PERSONAL JOURNAL
& MUCH MORE...

Wednesday 22nd April
start:



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