

Moving Forward Groups

Support groups for women

- Focus on personal growth and building your self-esteem
- Challenge old & unhelpful ways of relating to yourself
- Learn to think of yourself in a more positive way

“ I am on an on-going journey which is made far easier by the space the group provides for sharing my story and my emotions with other women who truly understand, listen to and support me ”

(Ascent service user)

**For more information on current groups
and to arrange a referral contact:**



020 7610 4678



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www.wgn.org.uk



Women and Girls Network
Registered Charity Number 1150354 |
Company Number 8286856
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