



GATEWAY 4 WOMEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEAUTIFUL WOMEN BEAUTIFUL ME 10AM-12PM	HOLISTIC GROUP 10AM-12PM	FREEDOM 10AM-12PM	MY RELATIONSHIPS & ME 10AM-12PM	
	WORKSHOP FOR CRAFT PROJECTS 10AM-3.30PM	COFFEE MORNING 10AM-12.30PM (NO BOOKING REQUIRED)	GAMES DAY 10AM-12.30PM	
	WOMEN'S FIRST/ BEAUTIFULWOMEN BEAUTIFUL ME 1.30PM-3.30PM	RECOVERY TOOLKIT 1.30PM-3.30PM	BEAUTIFUL WOMEN BEAUTIFUL ME 1.30PM-3.30PM	CLOSED 1PM
		DIAMOND ART 1.30PM-3.30PM	COFFEE AFTERNOON 12.30-3.30PM (NO BOOKING REQUIRED)	TIMETABLE FROM FEBRUARY 2022

Gateway4Women, Lorne Street, Denton Holme, CARLISLE, CA2 5DU – Call 01228 212090 – Facebook – Gateway4WomenCarlisle

This timetable is for groups only if you require a 1:1 please call the centre to book, if you are already registered please speak to your support worker.

To access Gateway4Women you must have had a registration appointment. All groups/courses/1:1's/registrations must be booked prior to arrival, unless stated above.