

Wellness 4 Women

This programme is supported and funded by Pilgrim Trust

ADAB's Emotional Wellbeing Service is specifically supporting BAME (Black Asian Minority Ethnic) young women aged with high quality, cultural and gender specific emotional support.

W4W is specifically understanding

- Cultural issues
- culturally sensitiveness
- limitations due to family issues
- Understand religious limitations
- Cultural stigma

W4W service can help and support

- young BAME women from minority communities
- aged 16 years to 25 years
- women with little or no English

W4W can help with emotional health

- Low self esteem
- Feeling down
- anxiety,
- depression
- loneliness
- isolation

W4W can help with Social issues that help improve your emotional wellbeing

- Domestic Violence,
- poverty,
- emotional abuse,
- family issues
- difficult caring responsibilities.
- racism,
- sexual bias,
- immigration status
- disability
- any other issues which may prevent women from accessing mainstream services.

W4W specifically provides

- confidential impartial advice.
- Bespoke therapy and support
- Social support e.g. domestic violence, abuse, benefits, housing, poverty debt etc.
- Peer to Peer support for social issues, domestic family issues ;

-ENDS-

ADAB Contact

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The Pilgrim Trust