Women's Wellbeing & Life Skills Sessions

True Honour

Helping women feel more connected, confident and supported.



Join us for free sessions where women can come together to build friendships, share experiences and explore topics that support wellbeing, confidence and everyday life.

TOGETHER WE'LL EXPLORE

Wellbeing & Self-Care
Stress | Sleep | Emotional Wellbeing

Confidence & Communication
Finding Your Voice | Self-Belief

Family & Parenting
Family Life | Supporting Children

Life Skills & Independence
Digital Skills | Online Safety | Finances

Connection & Community
Friendships | Support | Boundaries

WHAT TO EXPECT

- Friendly atmosphere
- Group discussions and activities
- Opportunities to connect with others
- Free to attend all sessions

SCAN TO REGISTER OR FIND OUT MORE

We'd love to see you!

📍 Isleworth Public Hall
🗓️ Every Tuesday
🕘 09:45 - 11:15am
☕ Free refreshments provided
📝 Please register before attending

Visit our website
https://truehonour.org.uk/workshops