

# CONNECT

## Women's Groups



**Day:** Mondays

**Time:** 10.30am-12pm

**Location:** The Pantry, 301c Broadway, Bexleyheath  
DA6 8DT [Google Maps](#)

**Day:** Tuesday (During school term time)

**Time:** 10-11.30am

**Location:** The Nest, Thamesmead SE2 9FA [Google Maps](#)

The women's groups provide a safe environment where women feel comfortable to connect and talk together over a coffee. This group helps to build good supportive relationships which are important for our mental wellbeing. These friendships can build a sense of belonging, give us opportunity to share and provide emotional support. Please register online.

