



# Women's Menopause Group

*A monthly group to share experiences around the menopause.*

You may be premature menopausal, perimenopausal, menopausal or postmenopausal. Based on the principles of peer support like empathy, equality and empowerment this space is to share in an open, honest and non-judgemental way. It's not about advice or experts but about a mutual exchange of shared experience.

We seek to create a supportive and caring space where you can be yourself and know that you are not alone in this time of your life.

We have limited space so please contact **Jane, the Women's Peer to Peer Support Manager** for more information and to register a place.

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