"It's a supportive place, where people listen"

"I feel more confident and in control"

How to join

We meet every Tuesday between 10am - 2.15pm in Dalkeith.

Ask your key worker to refer you or you can contact us:

Email: spring@midlothian.gov.uk
Call: 07710 919 403

Lunch and refreshments are included, bus tickets can be reimbursed.

"People don't judge you, there is no pressure to talk"

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Spring

A group for women, by women.

shine Women's Mentoring Service

Health in Mind

Women's Aid East & Midlothian

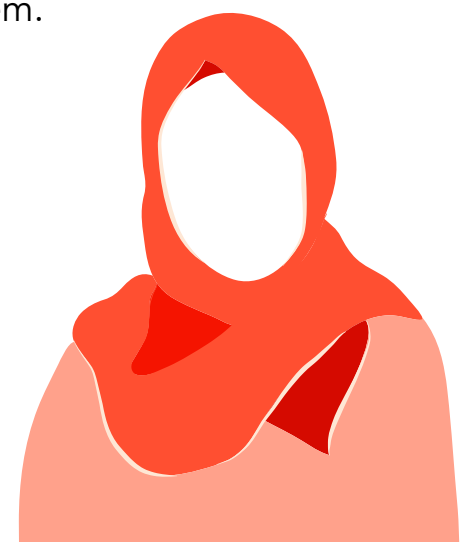
Midlothian Health & Social Care

Spring

We support women to make positive changes in a supportive and safe women only space.

Our support group is a safe, welcoming space for women who:

- Are struggling with their mental health
- May be using drugs or alcohol
- Have experienced trauma or abuse
- May be at risk of offending or involved with the justice system.



The group is a chance to meet new people, enjoy a cuppa and a free lunch.

Together we will see if our group is right for you and help you prepare to join if you would like. This can be at your pace.

We offer a flexible 12 week programme where we will help you understand your behaviour and learn how to change it.

- Learn how to cope with difficult emotions and stressful situations.
- Build confidence and self esteem.
- Build connections and feel more connected to others.
- Improve your health and wellbeing.
- Get support from a range of female professionals including social workers, nurses, occupational therapists, support workers from Women's Aid, Shine and Health in Mind.
- Try new leisure activities.
- Spend time to focus on you.