

# CIRCLES

LISTEN, CARE AND SUPPORT

A warm and welcoming weekly therapeutic group for young women aged 16-25.

## WHAT WE OFFER:

Experience a supportive & nurturing environment  
Opportunities to connect with others  
Empowering discussions  
Support for personal growth, mental health & well-being

Enjoy trips and complimentary therapies to help group members bond, enjoy time together, and promote well-being and self-care.

## GROUP SESSIONS:

Weekly meetings in Macclesfield & Knutsford

Contact Just Drop-In on 01625 665 079 or [hello@justdropin.co.uk](mailto:hello@justdropin.co.uk) to find out more.

We'd love to hear from you!



THE  
PILGRIM  
TRUST