

GROW WITH THE FLOW

ARE CALLING ALL

FLOW SISTERS

AGED 11-16

(AND RESPONSIBLE ADULT)

TO JOIN US FOR A

FESTIVE "PERIOD"

CHAT.

REFRESHMENTS

PROVIDED.

**POP IN AND
LEARN ABOUT
OUR NEXT
FULLY FUNDED
FLOW SISTER
PROGRAMME
STARTING
JANUARY
2024.**

**FRIDAY 8TH
DECEMBER
3.30PM-
5.30PM**

**HALSTEAD
LEISURE
CENTRE
CO9 2HR**

**NURTURING
CONFIDENCE**

**PERIOD
POWER**

**PEER SUPPORT
AND
FRIENDSHIP**

**"I WOULD RECOMMEND
THIS PROGRAMME,
IT HAS BEEN A GREAT EXPERIENCE"
FLOW SISTER
AGED 15**

CONTACT US

**growwiththeflowsisters@
gmail.com**



**GROW
with the
FLOW**

Nurturing your period power



**COMMUNITY
FUND**



**Braintree
District Council**

Eastlight
Community Homes