

## HOW DO I GET TO THE PROJECT?

The project is based at Peterborough Women's Centre and Cambridge Women's Resources Centre and on some days at other venues around the country. You can either contact your nearest centre yourself or ask someone else to contact us for you. We understand that you may feel unsure about committing to the project until you've had a chance to meet us. We are very happy to talk on the phone or for you to come and see us to decide whether you think we are what you're looking for.

We are also looking for volunteers to help with this project. If you think you have the skills or experience and would like to help, then please contact your nearest centre.

We are open Monday-Friday

9.30am-3pm

We have limited crèche spaces available

Please book in advance

### PETERBOROUGH WOMENS CENTRE

69-71 Broadway, Peterborough PE1 1SY

01733 311568/311564

[claudia@peterboroughwomenscentre.org.uk](mailto:claudia@peterboroughwomenscentre.org.uk)

[www.peterboroughwomenscentre.org.uk](http://www.peterboroughwomenscentre.org.uk)

### CAMBRIDGE WOMENS RESOURCES CENTRE

Hooper Street, Cambridge CB1 2NZ

01223 321148

[dawn@cwrc.org.uk](mailto:dawn@cwrc.org.uk)

[www.cwrc.co.uk](http://www.cwrc.co.uk)

## DAWN PROJECT



.....**new beginnings**.....

This project offers women information, support and an opportunity to change aspects of their lives they're not happy with.



## WHAT IS THE DAWN PROJECT?

The Dawn Project is funded by the Ministry of Justice and is available to women throughout Cambridgeshire.

The project offers women information, support and an opportunity to change aspects of their lives they're not happy with.

All our services are free and confidential. If we need to talk to others about you to help you access the help you need, we will get your permission to do so first.

## WHAT SORTS OF THINGS MIGHT I GET HELP WITH?

- \* Finding suitable accommodation
- \* Accessing education, training or work
- \* Coping with health issues; including anxiety, stress, low self esteem or anger
- \* Drug or alcohol problems
- \* Managing finances, benefits or debt
- \* Coping with relationships or being a parent
- \* Understanding how to manage feelings
- \* Violent relationships or sexual abuse
- \* Issues around prostitution

## HOW CAN THE DAWN PROJECT HELP?

- \* Offering you somewhere you can feel safe and supported in a women only environment
- \* Opportunities to meet other women to share experiences
- \* Practical advice
- \* Referral to people who can help you
- \* Access to training courses
- \* A listening ear when you want to talk
- \* Someone to be alongside you when you need extra support