

'ALL ABOUT' DROP-INS

Our women-only themed drop-ins are a safe, supportive place to talk, get information and raise awareness about 'difficult' issues

No referral or booking required

**Sessions are selected FRIDAYS 9.45am to 12.00pm
Refreshments provided**

**Call 0191 389 1504 or email
sisters@aspire-northeast.co.uk**

"A girl I've seen a few times, she's a bit rough with what's happening, she's been to Aspire and I saw her smiling, joking and taking about the future. (Aspire) are part of that."

FB User Quote—Jan 2020

Mental Health Awareness - 3rd April

Positive mental health in the period leading up to the Easter break

Domestic Violence & Abuse - 1st May

Whatever your connection to DVA we offer a non-judgemental space to discuss it