

# ADAB WELLNESS 4 WOMEN EMOTIONAL WELL-BEING SUPPORT



**CONFIDENTIAL**

ADAB's W4W Emotional Well-being Service for young women, providing high quality, culturally sensitive emotional support.

**Low self esteem**

**Feeling down**

**Anxiety**

**Depression**

**Loneliness**

**Isolation**

**Domestic Violence**

SPECIFICALLY  
DESIGNED FOR  
YOUNG  
WOMEN  
16-25



Contact Safina or Kashf on 0161 761 2079

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The Pilgrim Trust

