



PERSONAL SAFETY COURSES FOR WOMEN

Working to Improve Safety and Self Esteem since 1994

ABOUT WISE WOMEN

Wise Women address women's fears and experiences of crime and violence through the provision of Personal Safety and Confidence Building courses, workshops and information to women in local Glasgow communities. We also provide training and seminars for staff.



ABOUT OUR PERSONAL SAFETY COURSES

Our Personal Safety courses are free to individual women and run in local communities enabling women to get access in their own areas. The courses run over 5 or 10 weeks and each session lasts approximately 2 hours. They are open to any woman regardless of age, abilities and fitness levels.

Focusing on what abilities women already have and developing new skills increases women's sense of safety and they leave with options for making informed decisions on what can be done to remove or decrease the risk and fear of violence and crime in their lives.

Our Courses offer support, information, education, skill sharing, awareness raising and techniques for identifying avoiding and escaping potentially dangerous situations as well as challenging damaging women blaming attitudes and building women's confidence and self-esteem.

WHAT WOMEN HAVE SAID ABOUT OUR COURSES

"I would recommend the sense of empowerment, belonging, achievement and personal development"

"Using my voice in a controlled manner has amazing effect"

"I am far more aware of myself and my own self worth;
I'm worth defending!"

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I'm worth defending!"

My sense of safety has increased

98%
said
YES

"Using my voice in a controlled manner has amazing effect"

100%
would recommend our course to other women

I feel more confident

97%
said
YES

"I loved the diversity of the group"

"I've learned that you should be allowed to be what you want without being abused"

HOW TO ACCESS OUR SERVICE

Women can self-refer to our service. We will need your name and contact details and any relevant information needed to make our service fully accessible to you.

Women will then join our confidential mailing list and will receive information about our courses and workshops by her choice of email, letter or text.

Wise Women would always encourage women to contact us directly, but we recognise that this is not always easy or possible for women to do this. For this reason we will accept staff contacting us on a woman's behalf.

HOW TO CONTACT US



0141 370 0739



07957 613 322



www.wisewomen.org.uk



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