

FREE Legal Advice Centre

A team of solicitors working on a rota basis
give free legal advice at 5 Churchfield Avenue.

Every Tuesday night 8 - 9.00p.m.

No appointment necessary....just call in.



Want to brush up on your Reading and Writing?

Write Together runs English Courses and
Literacy Groups at the Centre.....
Would you like help with writing letters,
form filling, childrens homework, sums etc.

Call for information:

Tuesdays and Wednesdays 10-12 and ask for
Margo or Sheila.

I'M PULLED IN TEN DIFFERENT DIRECTIONS!



Women



listen! quiet!

Do you ever make time for yourself?

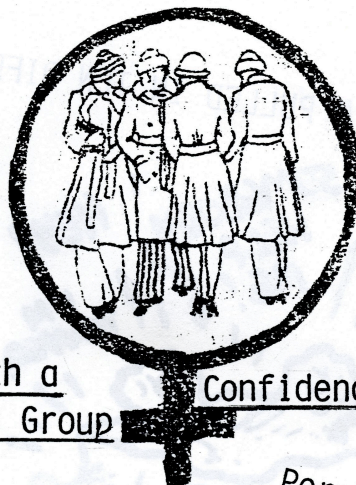
We did and here are some of the things

we got involved in.....

Cork Womens Action Group
Education/Rights Centre
5 Churchfield Avenue
Cork.

Open to Public
Monday to Thursday
10 - 12 p.m.
8 - 10 p.m.

WANT TO JOIN US?



Start off with a
Assertiveness Group

Confidence Building and

Personal Development
Confidence Building

We offer a place in groups for:-

Awareness
Relaxation

Group Session Tuesdays 10 - 12.00

Contact Maire Tuesdays 10 - 4.00

Thursdays 10 - 4.00

Phone:

307969

NEW SELF HELP SUPPORT GROUP FOR WOMEN GOING THROUGH MARRIAGE BREAKDOWN AND THE COURT SYSTEM.

Do you know of women going through the courts for barring orders etc, who need support from other women? Put them in touch with the WOMEN IN SEPARATION GROUP.

There they will meet other women going through the courts, dealing with barring orders, protection orders, maintenance and separation. They will have the encouragement and friendship of other women with similar experiences and will get support to rebuild their confidence and regain their self respect.

MEETING MONDAY NIGHTS: 8 - 10 p.m.

Contact Veronica Tuesday/Thursday 10-1p.m.
for confidential support.

CORK WOMENS ACTION GROUP

Do you feel strongly about certain issues to do with women?

Have you an issue
you would like to highlight?

Tuesday, Wednesday or
Thursday 10-12 for information.

If you want to take action join the Cork Womens Action Group.

When we want to change things for women, we think, we plan, we organise and we make our minds known to people in authority.

Meetings on Wednesday 8-10p.m. Contact Sheila,