



## For Young Women

Building on the success of 'The Changing Room', SAMH, Hibernian Community Foundation and Big Hearts Community Trust have teamed up to kick-off a new weekly group designed for young women (18-30), where they can spend time together and get involved in activities that will help them better manage their mental health.

We all love to blether about football, whether it's about pre-match tactics, advances in Women's football, team selection or maybe how we just don't 'get it'. Whichever it is, young women also need a safe space to talk about their mental health and wellbeing. The Changing Room gives you the opportunity to do that at the heart of your local football club. Whatever your thoughts are on football this is chance to connect with other young women with similar experiences, enjoy with some banter, and also talk about what's really going on in your head.

No Football skills or experience required!



**Programme Starts**  
**30/08/22 from 6pm-8pm**

**Easter Road Stadium,**  
**29 Albion Place, EH7 5PZ**



**Programme Starts**  
**31/08/22 from 6pm-8pm**

**The Shed, Wheatfield Stand,**  
**Wheatfield Street, EH11 2NZ**

To sign up and for more information: ✉ [Tina.hodge@samh.org.uk](mailto:Tina.hodge@samh.org.uk) ☎ 07817 810 825



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Funded by

