



Become a Women's Wellbeing Champion

With Aspiring Futures

Are you:

- Unemployed?
- Passionate about health and mental wellbeing?
- Keen to learn new skills and share with others?
- Able to inspire and empower other women in your community?

As a Wellbeing champion you will be:

- **Having conversations** - talking about mental health and your own experience with others
- **Speaking up** - challenging false or damaging stereotypes about mental illness or dispelling myths
- **Learning new skills** – brush up your employability skills through training
- **Supporting and working with other Champions**
- **Running an activity locally**

As a Women's Wellbeing Champion, you can make a real difference to your local community and lives of other women.

12 women who successfully complete our training programme and are successful in the interview may have the opportunity to work with Aspiring Futures CIC.

Interested?

Please call us on 01902 458770/07557667609 or email info@aspiring-futures.co.uk for more information or to register for the programme

Deadline for Registration: Friday, 9th October 2020

Aspiring Futures CIC is a women-led Community Interest Company in Wolverhampton providing holistic services to women and their families from diverse ethnic and cultural backgrounds.

