



Support for migrant, refugee and asylum seeking women who are isolated or lonely and who have experienced violence.

**RIGHTS**  **CHOICES**  
A WOMEN'S SUPPORT PROJECT INITIATIVE

## Befriending Service

- ◇ Looking for new activities?
- ◇ Feeling isolated or lonely?
- ◇ Need some company?
- ◇ New to Glasgow and looking for help to settle in?
- ◇ Interested in learning?
- ◇ Would you like help to get to know the City and services available?
- ◇ Ask about our **befriending service**.

## Drop-in Sessions

- ◇ Join our regular **drop-in sessions** for a cup of tea or coffee and the chance to get to know other women.
- ◇ Join in activities and hear from speakers.
- ◇ Get in touch for more details.
- ◇ Free to attend.

## Information Events

- ◇ Let us know if you would like to come along to a **Women's Health Information Event**.
- ◇ Informal, friendly and helpful information on health issues.
- ◇ Free to attend.

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## Rights & Choices Courses

- ◇ Interested in learning?
- ◇ Why not join one of our short **Rights & Choices courses**?
- ◇ Information on women's rights and legal protection, community learning, volunteering and services.
- ◇ Find out about interesting and affordable activities in the City.
- ◇ Certificate of attendance for women who complete the course.
- ◇ Childcare by arrangement.
- ◇ Free to attend.

Rights & Choices is open to migrant, refugee  
and asylum seeking women living in Glasgow.  
For further information please contact:

Coordinator: Sabina Etchu  
07718493185 (Monday to Wednesday)  
sabina@womenssupportproject.org.uk

Project Worker: Samira Maxamud  
07718493182 (Monday, Wednesday and Thursday)  
samira@womenssupportproject.org.uk

Women's Support Project,  
Adelphi Centre,  
12 Commercial Road,  
Glasgow, G5 0PQ  
**[www.womenssupportproject.org.uk](http://www.womenssupportproject.org.uk)**

Funded through the Glasgow Wellbeing for Longer fund,  
administered by Voluntary Action Fund

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