



# RIGHTS CHOICES

## A WOMEN'S SUPPORT PROJECT INITIATIVE

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

### Befriending Service

Short-term **befriending** for women who are not accessing services or activities. This could include: trips to local shops, café, local community centre, museum or library; accompanying women to one of our drop-in sessions or information days; supporting women to access Health and other services.

### Drop-in Sessions

Informal **drop-in sessions**. Tea and coffee, chat, social activities and mutual support.

### Information Events

**Women's Health Information** events with speakers and stalls.

### Rights & Choices Courses

**Rights & Choices short courses** provide information on gender equality, women's rights, women's health, and services available. Information on community learning, local community facilities and opportunities for volunteering will also be provided. Women who complete the course will be given a certificate of attendance and where appropriate a brief reference to assist in accessing future learning, volunteering or employment.

Rights & Choices is open to migrant, refugee and asylum seeking women living in Glasgow. We work with a range of partners including the One Community project based at the Violence Reduction Unit. Women can contact us direct or anyone can make a referral.

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

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[www.womenssupportproject.org.uk](http://www.womenssupportproject.org.uk)

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