

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.

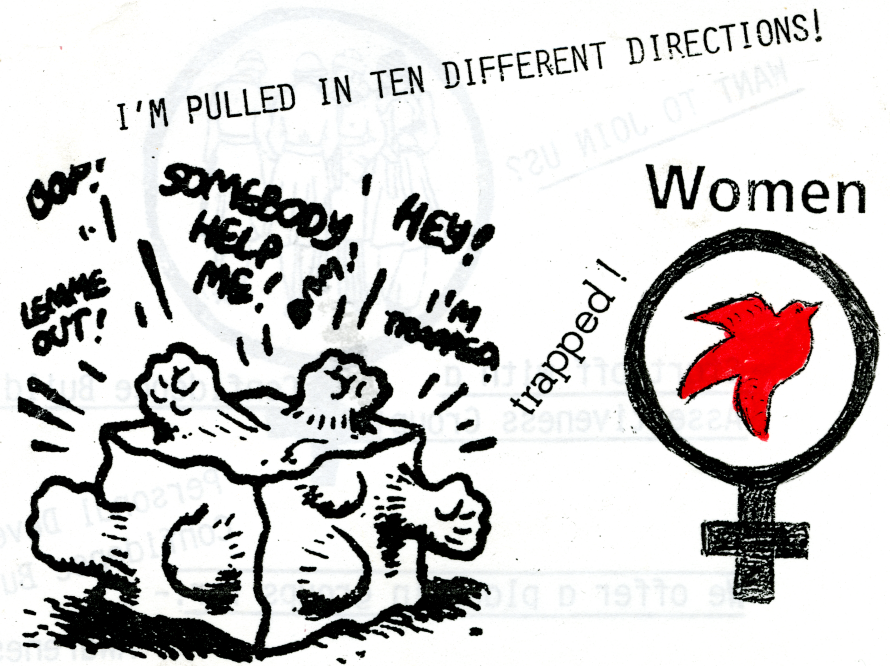


Want to brush up on your Reading and Writing?

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.



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	Open to Public
Education/Rights Centre	Monday to Thursday
5 Churchfield Avenue	10 - 12 p.m.
Cork.	8 - 10 p.m.

WANT TO JOIN US?



Start off with a
Confidence Building and
Assertiveness Group

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

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.

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.

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,