



Tomorrow's Women Glasgow

We are a community based service for women who
have been involved in offending

How we work?

Women are at the centre of what we do. We try to

- Create a safe place
- Listen
- Understand
- Be helpful
- Not judge

We work by building relationships with you. We aim to

- Offer tools and skills to help you make good decisions and choices
- Offer activities that help you to develop skills and confidence
- Work with you to find different ways of doing things

*"I was lost and at my wits end but now I have hope and direction"
"It doesn't matter how many mistakes you've made - you are still welcome here"*

We can offer

Advice and support on issues such as

- Relationship building
- Emotional support
- Accommodation
- Mental health
- Jobs and training
- Benefits
- Women's Mentoring

We also do fun stuff like

- Cooking
- Lunch club
- Art and crafts
- Photography
- Coffee, cake and chat
- Gym and fitness
- Outdoor activities

"It's been a different experience here - really positive and helpful. With the support of Tomorrow's Women I'm making some real changes in my life for the first time"



If you want to be part of Tomorrow's Women Glasgow please speak to your Through Care Officer, personal officer, or criminal justice social worker