

The support we offer

At Kyra, our activities timetable is always evolving to meet the needs of our members.

Some services remain constant, while others change over time.

We offer:

- Social spaces, like our drop-ins, where you can meet new people, make friends, and explore the support available at Kyra.
- Courses and workshops on topics such as recovery from domestic abuse, anxiety, self-esteem, resilience, assertiveness, loss, and boundaries.
- Confidential counselling with our team of qualified professionals.
- Practical support, including legal advice, money management, and ICT skills.
- Mentoring and coaching to help you set goals, develop strategies, and navigate challenges.
- Wellbeing activities, from singing, poetry, and creative writing to gardening, walking, mindfulness, and crafts.
- Specialist support for young people and those affected by neurodiversity.

Keep in touch with us



www.kyra.org.uk



contact@kyra.org.uk



01904 632332



How to find us

CMC, St Saviourgate
York
YO1 8NQ



"Always welcoming and non-judgemental"

"It's the one place in York I feel truly safe"

 **kyra** women's project
supporting women to make change

Welcome to Kyra Women's Project



Who we are

When women are empowered and supported, a ripple effect of positive change is created: Kyra provides the safe space for change to happen.

Founded in 2013, Kyra Women's Project is a York-based charity that offers one-to-one support, group activities, and courses, empowering women to make positive changes in their lives at their own pace.

Our door is open to anyone seeking support based on and through the female experience, free from judgement, free of charge.

Created by women, for women, we understand the need for a safe space to resolve issues and build self-confidence and independence.



"I was just this ball of emotions and sadness. They literally saved my life. I wouldn't have been here without them"

How we help

At Kyra, we recognize that every woman's journey is unique. Our holistic approach and diverse support options allow us to tailor each member's journey based on their goals.

You can join Kyra by booking an enrolment appointment via our website.

As a member, you'll receive our monthly newsletter with updates on events, timetables, and news, while becoming part of a strong, supportive community.

Services we offer include:

- One-to-one support to help members navigate their journey.
- Group activities and sessions to improve self-awareness, resilience and self-esteem, to build friendships and have fun.



"I have a place to belong and it doesn't matter if I'm not okay because everyone understands and everyone is so nice!"

How to support us

Volunteer

Join our community by volunteering with Kyra. Opportunities include serving as an activity/course leader, support, fundraising, or skills volunteer.

All volunteers receive monthly newsletters and invitations to volunteer socials.

Complete the application form on our website to get involved.

Become a Supporter

Our funding depends on grants and donations, which can be uncertain.

We rely on the generosity of our Supporters—those who give regularly and believe in our mission to support women and enhance their lives.



"Kyra feels like it has been a lifeline for me., I feel with their help and support, I can achieve my goals"