



Uplifted

Uplifted provides access to strength training and fitness facilities for survivors of gender based violence.

- 12 week group strength training courses
- Open to all survivors over 16
- Delivered by experienced coaches & support workers
- Trauma informed approach
- Psycho-education & coping techniques
- Courses running in Kinning Park & Gorbals
- Drop in gym sessions available on completion of the course

We operate on a referral basis, get in touch for more info.