



HER VIBE. HER PEOPLE. HER SPACE.

AGES 11 - 19

School Year 7 and above up to 25 with SEND



SATURDAYS
2:30PM – 5PM



BE ACTIVE



CONNECT



RESET



EXPRESS

Girls 13+ can stay for the
Saturday Senior Session **for FREE**

Girls that attend the Saturday Junior Session
(10am-2pm) are welcome to stay for the
HERspace session **for FREE**



76 Montrose Avenue
Edgware, HA8 ODT



www.unityasyouthzone.org



020 8075 5888



@unityasyouthzone

COME ALONG, MEET NEW FRIENDS, AND BE PART OF SOMETHING POSITIVE

What is HERspace?

HERspace is a dedicated girls-only session at Unitas, created by girls, for girls.

It is a welcoming space where girls can build confidence, make friendships, try new things and feel supported in a safe and positive environment.

What HERspace offers:

A SAFE, WELCOMING GIRLS-ONLY SPACE

Our sessions are flexible and easy to access, designed to fit around the realities of family life. Girls can explore four unique zones:

- EXPRESS for creativity, self-expression and confidence building
- RESET for calm, wellbeing and time to recharge
- ACTIVE for movement, games and girl-focused activities
- CONNECT for friendship, conversation and community

- Girls aged 11+ (currently in Year 7 or above)
- Girls that attend the Saturday Junior Session (10am–2pm) are welcome to stay for the HERspace session for FREE
- Girls aged 13+ can also stay on for the Senior Session (5pm–9pm) after HERspace - completely FREE

Who can attend?

To explore our space or find out more, visit our website: www.unitasyouthzone.org

unitas
An OnSide Youth Zone