

UPF UK: Women Supporting Women

Eva Chan
February 13, 2026



**Theme 'Self-Love and Self-Worth'.
6pm, 19th February 2026,
43 Lancaster Gate, London, W2 3NA,**

Universal Peace Federation UK

Join us for our Women Supporting Women event this Thursday evening, a beautiful space to connect, uplift, and empower one another.

Join us for an evening of Empowerment and Self Care!

**Thursday
Tea and coffee from 6:00pm
Event begins at 6:30pm
Our theme for the evening is Self-Love and Self-Worth.**

Register [Here](#)

We are delighted to have Gail De Souza, a wonderful business and love coach, guiding us through an inspiring session on self-love. Self-love is not selfish - it is essential. When we truly value and respect ourselves, we set healthier boundaries, build stronger confidence, and create lives aligned with our worth. It is the foundation for every relationship we have including the one with ourselves.

We will also hear a powerful and courageous story from the lovely Shabnum, who will share her personal journey of surviving an abusive relationship. She will speak about how she found the strength to stand up, reclaim her voice, and become a voice for those who feel unheard. Her story is one of resilience, hope, and empowerment.

Come along for connection, encouragement, and heartfelt conversation in a safe and supportive space.

Please note - this is a Women Only Event.

We would love to see you there

Eva Chan

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Charity No. 1185412

UPF is an NGO in General Consultative Status with the Economic and Social Council of the UN

Women Supporting Women



Self-Love

EMBRACE YOUR WORTH



19th February | 6 PM

Entry Fee: £5

*Join us for an evening
of empowerment & self-care!*