

woman's Trust

recovery from domestic abuse

Summer 2021

Therapeutic support groups

(these will only be offered over Zoom)

therapeutic support groups

free support for women affected by domestic abuse

When?

the support groups will be weekly sessions - once a week for two hours for a block of 8 sessions

we ask women to commit to attending all of the 8 sessions

where?

Over Zoom. It is important to have a quiet, confidential space.

if you are interested to join a group please contact us 020 7034 0303 office@womanstrust.org.uk

Our services are all humanistic/person-centred and abide by the BACP ethical framework 2018

Woman's Trust, PO Box 70420, London, NW1W 7QL

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charity number 1143513



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What is a support group? a facilitated support group is a place where...

Share stories

Women can share their life stories with other women who have had similar experiences.

Be different

Differences are cherished and honoured and not judged or discriminated against.

Not Alone

Women can feel less alone and isolated.

Be confident

Women are encouraged to be positive and confident about themselves, their children and their relationships.

Self- esteem

Confidence and self-esteem can be built.

Learning

Women will learn the techniques of using support and other services such as

No judgement

Women are not judged but accepted in all their entire selves.

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