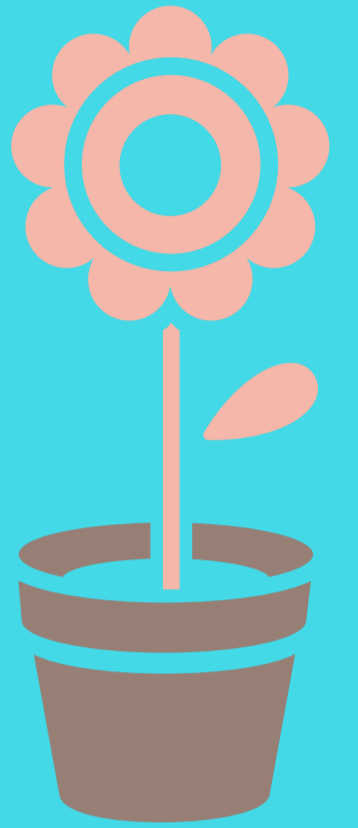




SUPPORT GROUP STARTING MAY 2018

A small weekly support group, for up to 8 women on the counselling waiting list, will begin on 16 May at Survivors' Network. The group will run for 8 sessions on Wednesdays 6-8pm, with a break halfway through.

Dates are May 16, 23, 30 & June 6. After a break for one week, we continue on June 20, 27, July 4 & 11. Ability to attend all groups is important.



Our aim is to support and empower women while they wait for their counselling to start. Participants won't be asked to share any personal experiences.

**TOPICS WILL
CHANGE EACH
WEEK AND
COULD INCLUDE:**

Grounding Exercises
Confusing Behaviours
Self-Care & Kindness
Unhelpful Thoughts
Building Confidence
Overwhelming Feelings
**Creativity & Self
Expression**

We would need to meet all interested women for an Initial Meeting before a place in the group can be confirmed.

**Please email Azmin:
groupwork@survivorsnetwork.org.uk
to sign up or if you have any questions.**

**Main office tel: 01273 203380
Mobile for Azmin: 07403 392348**

