

# woman's Trust

recovery from domestic abuse

2022

## 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 women...

### Share stories

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

### Can be different

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

### Are not Alone

Women can feel less alone and isolated.

### Can be confident

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

### Build self-esteem

Confidence and self-esteem can be built.

### Learn

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

### Are in a “No judgement” space

Women are not judged but accepted in their entire selves.

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