

Wellbeing Peer Support Group

Staying Put, welcomes you to our free wellbeing peer support group.

This group is for women who have experienced domestic abuse or sexual violence.

Would you like to connect with other women?

Need support from those in similar situations?

Why not come together and access our free peer support group.

We will be:



Taking part in activities



Discussing topics



Sharing ideas



Boosting self-confidence

Working at your pace providing you with practical advice, guidance, support, and a safe space to talk.

SCAN ME! >>>



Sign up to attend by scanning the QR Code!

**Every other
Wednesday**

10.30 am to 12 pm

If you're interested but require more information please email groups@stayingput.org.uk.

In collaboration with



Delivered by Women's Centre, Staying Put and Family Action