



THE POWER TO CHANGE

The 'Power to Change' group is designed to empower women who have experienced domestic abuse, providing support, guidance and resources to help you reclaim your power and build a brighter future.

What you'll learn

- Strategies for healing and self-care
- Building healthy relationships
- Assertiveness and boundary-setting
- Financial empowerment and independence
- Goal setting and personal growth

Duration: _____ weeks

Schedule: Every _____ 10 am to 12 pm

Cost: Free (Limited Spaces available)



How to register:

Our friendly team is here to assist you with any questions you may have and guide you through the registration process.

CALL US ON
0808 2800 999

EMAIL OUR TEAM FOR
MORE INFO ON
referrals@stayingput.org.uk

COMPLETE SELF-REFERAL
FORM AT
www.stayingput.org.uk/contact-us

Join us and discover your power to change!

SCAN HERE



Delivered by WomenCentre, Staying Put and Family Action

In partnership
with:
women's aid
until women & children are safe