

# PEER SUPPORT GROUP

Staying Put welcomes you to our free well-being peer support group.

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

Your voice matters, and your story is important.

Together, we can find strength and resilience.



*Let your  
voice be  
heard!*

**Every other  
Wednesday**

10:30 am - 12:00 pm

**What We Offer:**

**Support & Connection:** Share experiences with others who understand.

**Creative Expression:** Participate in activities like art, journaling, and more.

**Healing Together:** Build strength and resilience in a caring community.

**SCAN  
ME!** >>



**Sign up to attend by  
scanning the QR Code!**

If you're interested but require more information please email [groups@stayingput.org.uk](mailto:groups@stayingput.org.uk).



Delivered by WomenCentre, Staying Put and  
Family Action

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