



Power Of Change Group

A safe, free, women-only group in Bradford
Healing together from domestic abuse and serious mental illness.



About the Programme

- A 12-week, culturally adapted course offering support, guidance, and tailored wellbeing strategies.
- Created around your traditions, languages, and values to ensure a safe and inclusive space.

What You'll Gain

- A safe, supportive environment
- Coping tools for recovery
- Connections with women on similar journeys
- Confidence, resilience & self-esteem
- Support shaped by your culture & community

When & Where

- Safe location in Bradford (shared after sign-up)
- Weekdays, 10am – 12pm

Who Can Join?

- **Women only**
- Black African, Black Caribbean, Central & Eastern European (incl. Roma), and South Asian women

In proud partnership



Register to join the group- scan the QR code or email:
HopeAndLight@Stayingput.org.uk

