

5.15PM -
6.40PM

PRE DROP-IN WORKSHOPS AT SURVIVORS' NETWORK

Due to limited space in the room, our maximum number is 9 self-identifying women at each workshop. No need to book in advance - just arrive by 5pm when doors open to make sure you have a place

Monday 29 October

'No Further Action'
Opportunity for group
discussion

Monday 12 November

Exploring Bearing
Grudges & Anger

Monday 26 November

Managing Anxiety

Monday 10 December

Thinking about Self
Care during Christmas
and the New Year

The workshops start at 5.15pm sharp at 6a Pavilion Buildings.
Please arrive on time or a little earlier. Doors open at 5pm.

Please note: Participants attending workshops won't be asked to share any personal sexual violence/abuse experiences.

Workshops may be cancelled at short notice due to unforeseen circumstances. If you need to check, you can call the main office on 01273 203380 on the day of the workshop.

Please feel free to stay after the workshop for the Drop-In from 7pm - 9pm - this is also for self-identifying women only.

