Session times: 10am-12noon

Venue: The Chapel, Building 572 Brice Road, Upper Heyford, Oxon, OX25 5TE

Cost: £2 (voluntary donation)

### How to Book:

<https://www.cleanslate.org.uk/service-page/women-s-support-group>

**Please note limited spaces so please book early to avoid disappointment.**

1. THE PAST - is based on the Freedom programme, for those that have never attended the programme and a review for those that have.
2. THE PRESENT - Moving on and looking at recovering from abuse.
3. Talks/activities to help with moving on
4. Coffee morning with open discussions, light-hearted and positive ‘What I can do/ enjoy’.

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| Date | Session Type | Topic |
| 8/9/2021 | 1 | Moving onIntroductory session/the Freedom Programme |
| 15/9/2021 | 2 | ‘Stories of Change’ |
| 22/9/2021 | 3 | Sad and happy experiences |
| 29/9/2021 | 4 | Things in Common, things that are different |
| 6/10/2021 | 1 | The Bully |
| 13/10/2021 | 2 | Looking after ourselves |
| 20/10/2021 | 3 | Self Defence or walk |
| 27/10/2021 |  | HALF-TERM |
| 3/11/2021 | 4 | Affirmations |
| 10/11/2021 | 1 | The Bad Parent |
| 17/11/2021 | 2 | Effects of abuse on children |
| 24/11/2021 | 3 | Calming Therapies  |
| 1/12/2021 | 4 | Childhood Memories |
| 8/12/2021 |  | Christmas Past and Present  |
| 15/12/2021 |  | Christmas celebration |

Weekly meetings offering confidential support, information, and strategies for positive change. Open to all women who are experiencing abuse or who have been abused in the past. Participants share feelings, concerns, and fears with one another and learn about the issues and available options, as well as finding yourself.