**The Ealing Survivors Group**

**Tel: 07842 117916**

**Email: esg.uplift@gmail.com**

Please leave your telephone number and a suitable time for us to call you back if there is no one available to take your call

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**Are you a woman living in Ealing and have experienced**

**Domestic Abuse?**

**Is it time to take more control of your life?**

**If so, contact:**

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Have you ever experienced **Emotional**

**Financial**

**Sexual, Physical Abuse?**

**The group is held on:**

 **Mornings**

**and**

**lasts for 10 weeks**

**10.00—12.00**

**The group is Free**

**Creche Available**

Are you or have you ever been frightened or confused by the person you live with?

### We offer a

### safe, confidential group where you can gain

### support, understand

### & improve your

### circumstances

###

###

###

We look at

Assertiveness skills

Boundary Setting

Stress Management

Relationships

Self Esteem

Building Coping Skills

**Comments from previous group members:**

*“The best aspects of this group was I regained self control and found myself again”.*

*“I have learned so much and my life and coping skills have improved 100%”.*

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