

A young woman with glasses and a leather jacket is looking at her phone against a brick wall. She has a nose ring, hoop earrings, and a watch. Her hair is tied up in a bun. The background is a textured brick wall.

ARISE

An eight week group programme
for survivors of domestic abuse

solace

advice & support

solacewomensaid.org

ARISE is an eight week programme aimed at women who are or who have experienced domestic abuse through either an intimate relationship or at the hands of a family member.

What does the programme cover?

Each week is a workshop that covers different topics relating to domestic abuse. Every session addresses the important questions that survivors often ask about abuse:

Week 1 “Why?”

Week 2 “Is this abuse?”

Week 3 “Why is it so hard to leave?”

Week 4 “What contributes to abusive behaviour?”

Week 5 “What is love?”

Week 6 “How can I stay safe?”

Week 7 “What about my children?”

Week 8 “How will I ever be free?”

This is a women only space.

How do I sign up?

Please call the number below to refer yourself to the group work programme or speak to your caseworker.



0203 198 4659



**bexley.community@
solacewomensaid.org**



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Solace is an independent charity which supports women and children in London to build safe lives and strong futures, free from domestic and sexual violence and abuse.

Solace Women's Aid is a charity registered in England & Wales
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