

Women's Support Groups

Run in partnership by



Leeds Women's Aid

and

These groups are for women who are experiencing domestic violence, or who have been through it in the past.

Tuesdays
10am-12 noon
in
Chapelton
crèche available

Run in
partnership
by S.T.O.P,
Chapelton
Children's
Centre &
LWA

Wednesdays
5-7pm
in Burley

Run in
partnership by
S.T.O.P, Burley
Park Children's
Centre & LWA

9.30-11.30am
In Armley
crèche
available

Run in
partnership by
Armley Moor
Children's
Centre & LWA

Women using the group have said:

*The group
makes you
realise you are
strong*

Fridays

*You find out you're
not the only one and
you can offload*

*I can talk about things I
wouldn't tell my family
and friends. Here people
just understand*

At the groups we tell our stories -- listen and support each other -- learn from each other how abusive and controlling relationships work -- help each other to build our confidence and self-belief -- support each other to move on in our lives and make changes when we're ready

**If you are interested in the groups, please
contact us on**

**0113 246 04 01 (24 hours), or 07776 228 196
(Mon-Wed).**

S.T.O.P. (0113 244 6007) run weekly groups sessions for men,
and separately for women, wanting to change their violent or
abusive behaviour towards their partner.

The Children's Centres provide a range of services to mums
using the groups.