

Women's Support Groups

Run in partnership by



and

Leeds Women's Aid

Chapelton and Armley Moor Childrens Centres

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

Wednesdays

5.30pm-7.30pm
in the city centre

Fridays

10am – 12 noon
In Armley
crèche available

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

Run in partnership with
S.T.O.P & LWA

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

Women using the group have said:

*The group
makes you
realise you are*

*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. Chapelton and Armley Children's Centres provide a range of services to mums using the Tuesday and Friday groups.