

JOIN OUR WOMEN'S-ONLY SUPPORT GROUP SESSION, A SAFE, SUPPORTIVE GROUP SPACE FOR ANY WOMAN WHO HAS EXPERIENCED DIFFICULT RELATIONSHIPS OR DOMESTIC ABUSE, TO HELP YOU RISE AND THRIVE IN YOUR LIFE.

RISE AND THRIVE SUPPORT GROUP SESSION

Free for all participants, but please ensure you have received confirmation before attending

1.30-2.30PM THURSDAY 19 FEBRUARY
LOCATION: ALBERT ROAD CHILDREN'S CENTRE
53 ALBERT ROAD, ILFORD IG1 1HL



INTERESTED? PLEASE FILL OUT THIS SHORT FORM.