

Escape Family Support Service

MOVE ON GROUP

Supporting women to move on from abuse
to enable transformation

Trauma Informed FREE 6-WEEK COURSE

Using sensory, creative ways
of knowing self

Focusing on your mental and
physical wellbeing

Safe place to talk and
feel listened to

1 to 1 planning and
goal setting

Build self-esteem and
confidence

Fulfil your potential

Empower yourself to lead
a happier fulfilled life

EVERY TUESDAY

- 10.30am to 12.00pm -

To join the group - contact us on 01773 764562
or message us by text or WhatsApp on 07598 829876

More information can be found at: www.salcare.org/move-on-group

Salcare

Making families safer to build stronger communities
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