

REBUILDING FAMILY LIVES

A safe, supportive group for women who are mothers who have been affected by domestic abuse



- ♥ A space to reflect, connect, and reclaim family life
- ♥ Understand the impact of abuse on yourself, your children, and family life
- ♥ Explore ways to support your children emotionally
- ♥ Share strategies for parenting after trauma
- ♥ Talk about navigating the family court system, and managing contact with ex-partners

RECLAIM YOUR VOICE. REBUILD YOUR FAMILY. RESTORE YOUR STRENGTH.



DATES

Our next 8-week course starts on

Thursday 1st October 2026,
at 10am - 12pm



WHERE

15, Gertrude Street,
SW10 0JN



ELIGIBILITY AND REFERRALS

- Women need to have left the abusive relationships, and be in a place of relative safety
- Commitment to all 8 sessions
- Referral required - initial consultation before joining will be offered
- Group closes to new people after Week 2

"DON'T HESITATE, JUST DO IT. IT'S A FREEING EXPERIENCE"



CONTACT TO REFER OR LEARN MORE
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