



# Women's Resilience Awareness Project

We offer a range of wellbeing and resilience group workshops to support women in Haringey who have experienced domestic and sexual abuse.

**solace**

advice & support

[solacewomensaid.org](https://solacewomensaid.org)

# Rebuilding confidence, self-esteem and to further survivors recovery from the impacts of abuse.

## Eligibility criteria

- Consent to being referred.
- Live within the local authority of Haringey.
- Have been affected by domestic abuse either recently, currently or in the past including physical, emotional, psychological, sexual, financial, coercive control & other harmful practices.
- Are emotionally robust enough to manage their own safety in terms of coping with possible anxiety or emotional pain that might come up without this posing a risk to their well-being.
- If clients are using drugs and/or alcohol they will need to be able to manage this appropriately. Clients cannot be intoxicated during group sessions.
- High risk then they must be working with an IDVA.
- Clients must be able to commit to attending all sessions of the groups on a weekly basis. For ARISE, clients must attend the first 2 sessions of ARISE to finish the programme (this is to create a safe space for those attending regularly) and must attend at least 5 sessions to receive a ARISE completion certificate.
- If a client is required to attend as a witness in criminal court proceedings for sexual violence then it isn't recommended for them to attend the ARISE group due to CPS guidelines. Clients may be able to attend self-care or yoga groups.

## Group workshops

- ARISE
- Picking up the pieces
- Wellbeing Programme: 3 week psychoeducational wellbeing course that explores the impact of DVA on women's health and explores ways to manage these through mindfulness.



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