



ARISE

ARISE is a 6-week programme in Haringey for women who have been affected by domestic abuse.

Awareness

Resilience

Independence

Support

Empowerment

solacewomensaid.org

Solace Women's Aid is a charity registered in England & Wales.
Charity Number 1082450. Company Number 3376716.

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The ARISE course provides information and awareness about domestic abuse while also placing a focus on moving forward and building a safer, stronger future.

Each week involves a workshop full of discussions and exercises linked to cover different topics relating to domestic abuse.

Is this abuse?

Why did it happen?

How will I ever be free?

What is love?

Why is it so hard to leave?

How can I stay safe?

The course is delivered in a confidential and supportive group setting where participants can share as much or as little as they feel comfortable doing.

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“

ARISE was brilliant. The focus was on learning and moving forward. That support, that space helped me regain my strength. - Solace Survivor

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Please speak to your case worker or key worker to find out more about the ARISE course and how you can book a place. We may be able to offer childcare.

Free and confidential support



haringey.fs@solacewomensaid.org



020 8885 3557

Haringey Floating Support

020 8885 3557

Solace Advice Helpline

0808 802 5565

Solace Rape Crisis Helpline

0808 801 0305

24hr National Domestic Violence Helpline

0808 2000 247

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