



ARISE

Awareness Independence Empowerment
Resilience Support

6-week group programme in Barnet for women who have been affected by domestic abuse.

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 would like.

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Awareness

You can learn. We look at the definition, dynamics and the impact of abuse upon ourselves and our families.

Resilience

You are strong. We work to get to know ourselves outside of a relationship, rebuilding our confidence and self-esteem.

Independence

You are enough. The course is designed to give you information that secures your independence —about your safety, healthy relationships, and boundaries.

Support

You are not alone. The group and the facilitator are here to support you. Simply being part of a group with similar experiences can remind you that there is a way out, there is a brighter future.

Empowerment

You are powerful. If we know how to identify domestic abuse and its impact, we can make empowered, positive decisions about the future.

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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”**

If you would like to learn more about the ARISE course, please contact our Group Work Coordinator.

**For more information,
please contact us at**



barnet.advocacy@solacewomensaid.org



0203 874 5003

Free and confidential support

Solace Advice Helpline

0808 802 5565

Solace Rape Crisis Helpline

0808 801 0305

24hr National Domestic Violence Helpline

0808 2000 247

**If you are in
immediate danger
call 999**

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