

Aspire All About Drop-Ins

A safe, welcoming, women only space to chat about the difficult subjects

- Aspire's supportive, women only information and discussion sessions around topics such as Domestic Violence and Abuse (DVA) and Suicide and Self Harm (SSH)
- Facilitated sensitively by Aspire's specially trained volunteer Domestic Violence Champions and Stay Safe Champions with the ethos of peer support at our core
- New women welcome - victims, survivors and anyone wanting more information – we offer a trauma informed approach tailored to your needs
- Online sessions are Covid safe and great if you struggle with confidence or need discretion, do not worry if you are new to Zoom – we can support you getting online



UPCOMING ALL ABOUT DVA:
Friday October 9th @ 10-11am
Friday November 6th @ 10-11am

UPCOMING ALL ABOUT SSH:
Friday October 16th @ 10-11am

Email us for more information on our Drop-Ins and other women's support services or support getting onto Zoom at:

sisters@aspire-northeast.co.uk

Our Drop-In support services are supported by our funding partners:

