

Introductory Support Group



A friendly, safe way to join the Aspire family through a specialised small group (6 max) designed specifically for women accessing support services, particularly those who need external support to attend Aspire and or feel they may need a smaller, quieter group environment initially.

Suitable for:

- ◆ Any women who require support to attend groups
- ◆ Any women in the process of increasing social engagement with a view to accessing Aspires services

Typical offer:

- ◆ 6 drop in sessions over a maximum 8 week period following self or agency referral
- ◆ Guided progression into our main wellness services, groups and learning courses depending on need, ability and interests



For more information contact
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