

Edinburgh
WOMEN'S AID

SUPPORTING SURVIVORS

Peer Support Service



Our Peer Support Service offers safe spaces for you to socialise with other women, which are free of judgement.

Through group discussion and a variety of activities we will support one another while we grow, discover and understand ourselves again.

For more information please contact:

Peer Support Co-Ordinator

Edinburgh Women's Aid, 4 Cheyne St,

Edinburgh EH4 1JB

Phone: 0131 315 8110

Email: peersupport@edinwomensaid.co.uk

These closed groups will run for up to 12 weeks, with 6-10 women in each group.

Group discussions will focus on topics such as; the dynamics and landscape of domestic abuse, coping mechanisms, combating self-esteem issues, and supporting yourself and others.

Our activities will include:

- **Cultural activities** (Theatre trips, Museum & Gallery trips, Dance groups)
- **Creative sessions** (Embroidery, Tool workshops, Sewing, Pottery)
- **Mindfulness** (Breathing sessions, Yoga, Writing workshops, Pampering sessions)
- **Outside activities** (Walks, Beach trips, Gardening sessions)

At the end of these sessions, as well as signposting to further community groups, there will be an option to continue these group sessions independently and an opportunity to become peer supporters within EWA.



Helpline:

0131 315 8110

www.edinwomensaid.co.uk

