

Bromley Well

 @BromleyWell

In partnership with

**Bromley
& Croydon
Women's Aid**

Working to end domestic abuse

Surviving Well

Are you a survivor of domestic abuse and need help to manage your wellbeing?



A new initiative designed to support female survivors of domestic abuse experiencing common mental health problems

Meet others, get support and advice in weekly sessions, or access free, confidential support on a 1 to 1 basis.

Our new programme will help you to:

- improve your self-esteem and confidence
- manage your emotional and mental wellbeing
- create safer and healthier relationships

For further information about **Surviving Well** and to register for support contact Bromley Well **T:** 0300 330 9039 **E:** wellbeing@bromleywell.org.uk, or Bromley and Croydon Women's Aid **T:** 020 8313 9303 **E:** info@bcwa.org.uk

Delivered by:



Funded by:

