



 @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@bromley.org.uk](mailto:wellbeing@bromley.org.uk), or Bromley and Croydon Women's Aid T: 020 8313 9303 E: [info@bcwa.org.uk](mailto:info@bcwa.org.uk)

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