



FREE SUPPORT GROUPS

For women affected by domestic abuse

You are not alone.

Domestic abuse can feel isolating, but talking to others who understand can help.

Woman's Trust runs free therapeutic support groups for women aged 16+ in London – offering a safe and supportive space to share, listen, and connect.

What you can expect:

A safe, non-judgemental group space

Support from trained facilitators

Connection with other women

Face-to-face or online sessions

Humanistic | Person-centred | BACP Ethical Framework