

The SUsie Programme

Acceptance
Confidentiality Respect
Understanding Empathy Prepared
Enable Group Support
Educational Career Change
Selfcare Authentic Non-judgemental
Person-centred
Ability Advice Empower Growth
Mindful
Effective Inclusive Caring Thrive
Trauma informed
Advocated Succeed Resilience
Motivation Recovery Confidence
Attitudes Happiness
Support Self-esteem
Healing Encouragement
Believing Trust

DOMESTIC ABUSE &
SEXUAL VIOLENCE
GROUP SUPPORT
FOR ADULTS



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The SUsie Programme offers support and educational recovery for women and men, 18yrs+ who have experienced domestic abuse / sexual violence.

One-to-one assessments are designed to check suitability, identify additional support needs and help to improve self-confidence to enable everyone to engage in group support.

Support group provides a safe, relaxed environment for people to meet weekly and discuss their experiences and talk about their concerns. Friendships are built and self-esteem and confidence are raised. These support groups help people to prepare for the next step on their recovery journey, the Recovery Toolkit.

The Recovery Toolkit is a 12-week programme that looks at how thoughts and behaviours can negatively impact our daily lives after experiencing abuse. This specialised educational programme is about restoring self-belief and confidence.

Pathways to Education and Employment provide information, advice and guidance about training and employment opportunities. Guest speakers visit throughout the programme to offer advice and information about various topics and services available across the county.

***Groups are single gender and open to all, regardless of sexuality.**

