



**DOMESTIC ABUSE MONTHLY DROP-IN SERVICE
THE BECC
BEGINNING ON FRIDAY 16TH SEPTEMBER
9.30am-11.30am**

Are you experiencing any sort of domestic abuse? If so, St Albans & Hertsmere Women's Outreach offers a free and confidential service, providing both emotional and practical support. It will help you to:

- take action to protect yourself and your loved ones
- support you to find safe housing
- give advice and support to obtain welfare benefits
- help you make decisions by looking at your options, the advantages, disadvantages and consequences for you
- source legal advice if necessary
- put you in touch with other organizations that can help you
- listen to you
- change your life to live in safety and without fear

These sessions are available to any women who have suffered or are suffering from domestic abuse.

It is a safe place to come for emotional support and practical advice facilitated by two Outreach workers.

It offers the women a chance to talk to each other, share experiences and hopefully gain comfort and additional support from each other.

Creche facilities are available, please book with Reception. Refreshments are supplied.

For further information on the drop-ins, please speak to children's centre staff, or contact (SAHWR) Outreach - Caroline or Bal on 01727 827621

EVERYONE HAS THE RIGHT TO FEEL SAFE ALL OF THE TIME