

# Domestic Abuse Drop In & Information Sessions

## KNOWLEDGE IS POWER

Hounslow Domestic and Sexual Violence Outreach Service are providing a free weekly drop in and information session between January and March 2023.



**Every Tuesday between 12.30 and 2pm  
Riverside Vineyard Church, Air Park Way  
Feltham TW13 7LX**

Feel free to  
come to any/  
all of these  
sessions.

Please contact  
07810 031780  
for further  
details.



**London Borough  
of Hounslow**

**If you're at risk or you think someone is at risk  
of immediate harm, please dial 999. For the  
Police non-emergency number, please dial 101.**

## **WEEK 1 - 24 January**

Domestic abuse definition, power control wheel, introducing the Domestic Abuse team and other services.

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## **WEEK 2 - 31 January**

Safety planning and legal remedies.

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## **WEEK 3 - 07 February**

Sexual violence – what can you do if you are affected.

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## **WEEK 4 - 14 February**

NO GROUP- HALF TERM

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## **WEEK 5 - 21 February**

Healthy relationships and young people.

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## **WEEK 6 - 28 February**

Freedom programme, what is it? How can it help me?

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## **WEEK 7 - 07 March**

International Women's Day celebration.

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## **WEEK 8 - 14 March**

Financial independence and employment opportunities, benefits.

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## **WEEK 9 - 21 March**

Leaving Abusive relationship (housing advice and refuge routes).

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## **WEEK 10 - 28 March**

LAST GROUP

Wellbeing, health, self-care and goodbye session.



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