

For more information on current Ascent Moving Forward Groups and to arrange a referral please contact us at Women and Girls Network

☎ 020 7610 4678

✉ groups@wgn.org.uk



Moving Forward Group

Group programme for women who have been affected by domestic and/or sexual abuse

“ I am on an on-going journey which is made far easier by the space the group provides for sharing my story and my emotions with other women who truly understand, listen to and support me ”

(Ascent Service User)

Ascent Advice & Counselling

For more information about Ascent Advice & Counselling contact:
ascentA&C@solacewomensaid.org



Delivered across each of the 32 London boroughs by one of the Ascent



Ascent Moving Forward Group

What is Moving Forward?

The Moving Forward Group is an 6-8 week educational programme for women over 16 who have experienced any form of domestic and/or sexual violence. The programme provides a safe space for women to share with each other and explore the following topics:

- Safety and self care
- The value of you and creating healthy relationships
- Awareness and dynamics of abuse
- Self-esteem and confidence building
- Managing anxiety and stress
- Being mindful of your emotions
- Life after violence
- Moving on and moving forward

The group programme offers:

- some first steps on the road to recovery from domestic and sexual violence
 - a space to talk, listen and be heard in an emotionally supportive and safe environment
 - an opportunity to explore and understand the impact of domestic and sexual violence
 - support to develop greater self awareness, build confidence and make positive choices
 - exercises to help improve healthy relationships and safety.
-

Can I attend the groups?

The groups are open to women aged 16 + who have experienced or are at risk of domestic and/or sexual abuse.

Women need to commit to attending all sessions and no new attendees will join after week 2 of the programme.

Where do they take place?

The Ascent Moving Forward Group runs 3 times a year during term time for 6-8 weeks in the following boroughs:

Hammersmith & Fulham, Kensington & Chelsea, Westminster, Ealing, Hounslow, Tower Hamlets, Lewisham, Croydon and Bromley.