



# *Pathways to Healing*

**Information for Service Users  
2022-2023**

**Hillingdon**



*Women's Centre*

## Who is this for?

Pathways to Healing is a women-only 6-week programme of group workshops that support survivors of domestic abuse who are now safe and are no longer living with or in a relationship with a perpetrator.

The programme aims to reduce isolation and improve self-esteem by building connections with other survivors and understanding domestic abuse, its impact, and how to take positive steps to build a new life free of violence. If you are now at a point where you feel 'stuck' or are finding it difficult to focus and prioritise yourself and your wellbeing, then this may be the group for you.

## What happens in the workshops?

Workshop delivery takes place over six weeks. We aim to tailor the content to support the needs of the group; however, the critical areas of focus include:

- Domestic Abuse Awareness and a Gender Perspective
- Self Esteem, Myths & Misconceptions and Warning Signs
- Warning Signs and The Impact of Trauma
- The Wider Impact of Abuse, Healthy/Unhealthy Relationships and Setting Boundaries
- Emotional Resilience: Challenging Negative Thoughts, Self-Care and Improving Wellbeing
- The Next Steps: Setting Goals and Moving Forward

To ensure that we can support you throughout the process, you will also need to attend a one-to-one support session at the programme's beginning and end.

## What do I have to do?

Each workshop runs for 3 hours (including breaks), and you need to commit to the entire 6-week programme, plus additional support sessions. If you miss two workshops, you will not be able to continue with the programme. Please speak with the facilitator in advance should there be any concerns with your ability to attend.

## Additional Information

If you are currently experiencing domestic abuse, this programme is not suitable. Instead, we can refer you to our Domestic Abuse Caseworker, who can help you understand your rights and options and offer advice and safety planning.

Please be aware that this is not group-counselling or a replacement for psychotherapy. If you feel that you need mental health support, we suggest getting in touch with a specialist mental health professional.

To refer yourself to this programme, please get in touch using the [Contact Form](#) on our website. The programme runs in quarterly cycles, so a facilitator will be in touch when a new cycle starts.