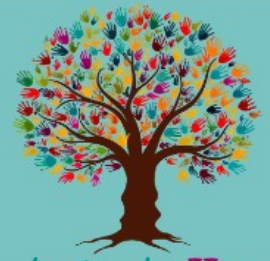


Empower. Heal. Thrive.



Integrate Hope

Are You a Survivor of Domestic Violence?

The WEAR Program (Women's Empowerment and Recovery) is here for you. Join our 7-week program designed to help you rebuild your confidence, gain new skills, and connect with a supportive community.

What You'll Experience

☀️ Feel Better

Emotionally: Learn ways to take care of yourself and feel stronger.

☀️ Learn New Skills: Gain tools to become independent and achieve your goals.

☀️ Get Expert Help: Free advice on legal, money, and career questions.

☀️ Find Support: Meet other women with similar experiences and share your journey.

How to Sign Up: Call: 07538130683

Email:

sumeranaaz@integratehope.com

Program Details:

Start Date: Tuesday
14th January 2025.

Times: 12-3

Location: Go-
Woman! Alliance,
140 Alum Rock Road

Duration: 7 weeks,
one weekly session
(2 hours each).

Language: Basic
English (ESOL Level)
friendly!

Why Join?

♥️ Feel empowered to take control of your life.

♥️ Build practical skills for a brighter future.

♥️ Find a safe space to share and grow.