

is somewhere I can be myself





challenges me and builds my confidence





is a safe space





I can meet others who have been through similar experiences





Women's Aid ...

helps you to understand it's not your fault





helps you to understand you are not alone, it's not just your family





Women's Aid...

gives us somewhere to go... somewhere I can be myself





to feel safe





someone to talk to





help to get them get through it ... help to find a solution for a better future





Children and young people need...

To open up and share feelings...to have someone they can trust





a sense of belonging





I come to Women's Aid because...

it makes me happy

