



DOMESTIC ABUSE SERVICES
GWASANAETHAU CAM-DRIN DOMESTIG

Women's
Wellbeing
Centre



Life can be different



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800

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call • text • live chat • email

We are a pro woman organisation who realise that it takes time, support and learning to rebuild a life after being subjected to domestic abuse and sexual violence.

The Vale Women's Wellbeing Centre provides a range of activities to help you to live the fulfilled life you want.

THIS INCLUDES

- > Therapeutic groupwork
- > Counselling
- > Survivor network
- > Informal wellbeing and skill building workshops
- > Volunteering opportunities

Domestic abuse can have long term effects on your wellbeing.

It can make you feel:

- > Lonely and isolated
- > Confused
- > Depressed or suicidal
- > Ashamed and guilty
- > Trapped
- > Worthless, or lacking in confidence
- > Worried for you and your children's future

***This is not your fault.
You are not alone.
Life can be different.***

Vale Women's Wellbeing Centre can offer:



THERAPEUTIC GROUP WORK

Weekly sessions delivered in person or online, where you can learn from and with other women as you help each other to build self-esteem and confidence.



COUNSELLING

One to one counselling, delivered in person or online helping you to explore, understand, and move on. Up to 12 sessions at times suitable for you.



WELLBEING WORKSHOPS

Group sessions where you can connect with other women and learn and practice to keep yourself well.



SURVIVOR NETWORK

Domestic Abuse can strip you of your voice. Your voice is valuable, and this is the place to use it to tell your story, influence services, policies and decisions.



I have started to regain things
I thought were gone forever –
confidence, independence, resilience,
relationships with my loved ones,
My Smile! – I am finally seeing me again





For more information call our helpline

01446 744755

or email

info@valedas.org



valedas.org

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