

Where: Conference Room at Station Road

When: Weekly, starting on 15th Sep 12:30pm – 2:30pm

**Referrals should be sent to:
Sahara@redbridge.gov.uk**



An empowerment programme for victims and survivors of intimate partner violence that offers them a 'safe space' to rediscover themselves, as well as help with finding alternatives and solutions to being trapped in an abusive relationship