

Younger Futures Peer Group



FOR YOUNG WOMEN AGED 15-19

HAVE YOU EXPERIENCED – OR ARE YOU AT RISK OF – **DOMESTIC ABUSE?**

YOU'RE NOT ALONE. MY SISTERS' HOUSE ARE HERE TO SUPPORT YOU IN A SAFE AND UNDERSTANDING SPACE.



WHAT IS IT?

A free, weekly peer support group for young women aged 15 - 19 who have experienced, or are at risk of domestic abuse.



WHAT YOU'LL GAIN

- Confidence & self-esteem
- Understanding healthy relationships
- Clarity around consent, power & control
- Support from other young women
- A safe space to speak and be heard



WHERE & WHEN

In person weekly after school/college/early evening sessions held at My Sisters' House Women's Centre, in Bognor Regis.

REGISTER



Charity Number : CIO 1188070