

	<i>Group</i>	<i>Schedule</i>	<i>Access Requirement</i>	<i>Description</i>
1	CORE	12 weeks Mondays 4pm-7pm or Fridays 6:30pm-9:30pm (Times may be subject to change)	Assessment needed	Group to support survivors with experiences and trauma with Sexual violence/assault/abuse **Clients cannot be engaged with 1-1 therapy to attend.**
2	Tune In Tuesday	1 <sup>st</sup> Tuesday each month 6:30pm-9pm	Open to all-No assessment needed	Open group with a longer check in and small group discussions of themes raised in the check in
3	Allies	1 <sup>st</sup> Saturday each month 10am-12pm	Assessment needed	For friends , family & loved ones of survivors
4	BAM	2 <sup>nd</sup> & 4 <sup>th</sup> Friday each month 5pm-7pm	Assessment needed	For Black, Asian & Multi-Heritage survivors
5	CORE Ongoing	2 <sup>nd</sup> Saturday each month 1:30pm-4:30pm	Invite only-No assessment needed	Monthly group for those that have completed CORE
6	Trans, Non-Binary & Gender Questioning group	2 <sup>nd</sup> Saturday each month 10:30am-12:30pm	Assessment needed	For Trans, Non-Binary & Gender Questioning survivors
7	Clinic26	2 <sup>nd</sup> Monday each month 30 min appointments 2pm,2:30pm,3pm,3:30pm	Appointments	A Sexual health & wellbeing clinic
8	Young People's Group	3 <sup>rd</sup> Sunday each month 1:30pm-3pm	Assessment needed	For survivors aged 18-24
9	Get Together	3 <sup>rd</sup> Sunday each month 3:30pm-6pm	Open to all-No assessment needed	An open, informal group with themed breakout rooms
10	Sex & Intimacy	Each run to be confirmed	Assessment needed	8 weekly session workshop For survivors who have challenges with sex & intimacy either in relationships or while single
11	Surviving Chemsex	Each run to be confirmed	Assessment needed	4-6 weekly sessions For survivors who have had a complex relationship with chemsex
12	(Ongoing) Surviving Chemsex	4th Wednesday each month 6:30pm-9pm	Invite only-No assessment needed	Monthly group for those that have completed Surviving Chemsex
13	Creative Writing in Nature and/ or Online	Each run to be confirmed-In Nature-Saturdays 11am-2pm Online-Saturdays 5pm-7pm	Assessment needed	A space for survivors to express themselves through the creative writing process
14	Open Mic Night	Once a month-First Friday of each month	Invite only-No assessment needed	Where survivors can showcase their work from the creative writing group
15	Wellness Wednesday	Wednesdays once a month Each run to be confirmed	Open to all-No assessment needed	Monthly online or Face to face sessions covering different topics to improve wellness