

****Most groups are run online. Clients will be notified about in person sessions at our earliest opportunity.****

****Clients must be referred into the service before accessing group sessions****

	<i>Group</i>	<i>Schedule</i>	<i>Access Requirement</i>	<i>Description</i>
1	CORE	12 weeks Mondays 4pm-7pm or Tuesdays 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	1st 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	Open Mic Night	1st Friday each month 5:30pm-7:30pm	Invite only-No assessment needed	Where survivors can showcase their work from the creative writing group (see no.13)
4	Allies	1st Saturday each month 10am-12pm	Assessment needed	For friends , family & loved ones of Male, Non-Binary and Trans survivors
5	BAM	2nd & 4th Friday each month 5pm-7pm	Assessment needed	For Black, Asian & Multi-Heritage survivors
6	Trans, Non-Binary & Gender Questioning group	2nd Saturday each month 10:30am-12:30pm	Assessment needed	For Trans, Non-Binary & Gender Questioning survivors
7	CORE Ongoing	3rd Wednesday each month 6pm-9pm	Invite only-No assessment needed	Monthly group for those that have completed CORE (see no.1)
8	Young People's Group	3rd Sunday each month 1:30pm-3pm	Assessment needed	For survivors aged 18-24
9	Get Together	3rd Sunday each month 3:30pm-6pm	Open to all-No assessment needed	An open, informal group with themed breakout rooms
10	Ongoing Surviving Chemsex	4th Wednesday each month 6:30pm-9pm	Invite only-No assessment needed	Monthly group for those that have completed Surviving Chemsex (see no.12)
11	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
12	Surviving Chemsex	Each run to be confirmed	Assessment needed	4-6 weekly sessions For survivors who have had a complex relationship with Chemsex
13	Creative Writing in Nature and/or Online	Each run to be confirmed	Assessment needed	A space for survivors to express themselves through the creative writing process
14	Wellness Wednesday	Wednesdays once a month Each run to be confirmed	Open to all-No assessment needed	Online or Face to face sessions covering different topics to improve wellness