

**Self-Referrals to our Group Work Programmes must be made via our website, unless the client is currently referred to our other services.**

An assessment is required for all clients before joining any group sessions.

**Introductory discussions are for clients to be introduced to the facilitators and collaboratively explore if the group is suitable for them.**

To receive monthly updates of our Group Work Programmes, referred clients can be added to our Mailchimp subscription list on request.

	Group	Schedule	Access Requirement	Description
1	CORE	12 weeks Mondays 4pm-7pm or Tuesdays 6:30pm-9:30pm (Times may be subject to change)	Introductory discussion required	Group to support survivors with experiences and trauma with Sexual violence/assault/abuse <b>**Clients cannot be engaged with 1-1 therapy to attend.**</b>
2	Tune In Tuesday	1 <sup>st</sup> Tuesday each month 6:30pm-9pm	Open to all	Open group with a longer check in and small group discussions of themes raised in the check in
3	Open Mic Night	1 <sup>st</sup> Thursday each month 5:30pm-7:30pm	Invite only	Where survivors can showcase their work from the creative writing group
4	Allies	1 <sup>st</sup> Saturday each month 10am-12pm	Introductory discussion required	For friends, family & loved ones of male, non-binary and trans survivors
5	BAM	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday each month 5pm-7pm	Introductory discussion required	For Black, Asian & Multi-Heritage survivors
6	Trans, Non-Binary & Gender Questioning group	2 <sup>nd</sup> Saturday each month 10:30am-1pm	Introductory discussion required	For Trans, Non-Binary & Gender Questioning survivors
7	CORE Ongoing	3 <sup>rd</sup> Wednesday each month 6pm-9pm	Invite only	Monthly group for those whom have completed CORE (see no.1)
8	Young People's Group	<b>Currently on pause. Due for a relaunch!</b>	Introductory discussion required	For survivors aged 18-24
9	Get Together	3 <sup>rd</sup> Sunday each month 3:30pm-6pm	Open to all	An open, informal group with themed breakout rooms
10	Ongoing Chemsex Survivors	4 <sup>th</sup> Wednesday of each month 6:30pm-9pm	Invite only	Monthly group for those whom have completed Chemsex Survivors (see no.12)
11	Sex & Intimacy	Each run to be confirmed	Introductory discussion required	8 weekly session workshop For survivors who have challenges with sex & intimacy either in relationships or while single
12	Chemsex Survivors	Each run to be confirmed	Introductory discussion required	4-6 weekly sessions for survivors who have had a complex relationship with Chemsex
13	Wednesday Wellness	Wednesdays once a month Each run to be confirmed	Open to all	Online or face to face sessions covering different topics to improve wellness