

NEW BEGINNINGS

LIFE AFTER DOMESTIC ABUSE
Peer led peer support

New Beginnings Peer Support is an after-crisis domestic abuse service supporting women and their children who have previously been subjected to domestic abuse. We aim to provide the foundation from which our clients can experience post-traumatic growth to rebuild their lives despite the ongoing and long-term effects of domestic abuse.

We offer tailored support including 1:1 and group peer support sessions, emotional resilience tools, donations of food, clothes, toys and household items, goal finding & setting, education & training support, signposting & supported introductions to other services to ensure the whole-family receive the support they need, family activities, family wellbeing packs and a client to volunteer pathway.

Fleeing domestic abuse is only the beginning, survivors can battle with PTSD/CPTSD, prolonged criminal and family court cases, the emotional turmoil of weekly co-parenting hand overs with their abuser, parenting traumatised children and recovery from financial abuse to name a few ongoing realities.

We support women who are no longer with their abuser and continue to experience a detrimental impact to their lives whether they left recently or years ago.

If this resonates with you and you would like some support please contact us.

'THIS PEER GROUP HAS GONE WAY BEYOND MY EXPECTATIONS.'

'I'M NOT ALONE.'

'I'VE FOUND BEING APART OF THE GROUP VIA GROUP CHAT & PHONE CALLS A GREAT HELP.'

'...HELPED ME MAKE A PLAN WHEN I WAS GIVEN 24HRS NOTICE BEFORE A COURT HEARING THAT I WOULD BE REPRESENTING MYSELF...'

'...POINTED ME IN THE RIGHT DIRECTION WHEN I WAS FACING HOMELESSNESS.'



New Beginnings Peer Support



@newbeginningspeersupport



@new_peer



@newbeginningspeersupport

enquiries@newbeginningspeersupport.com
newbeginningspeersupport.com

07852 786278

01423 313080



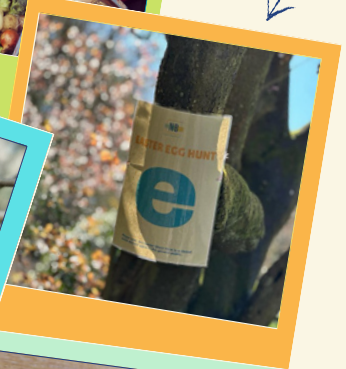
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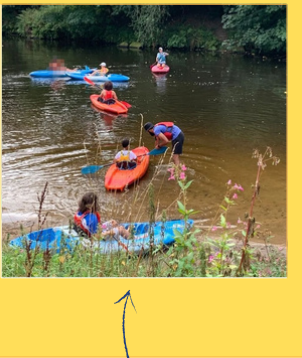
Christmas 2022
Donations

Fundraiser

Family Easter Event



IWD2022



Co-production Board
Awareness & Resilience Project

Social Action Project

Family Activity Day

