



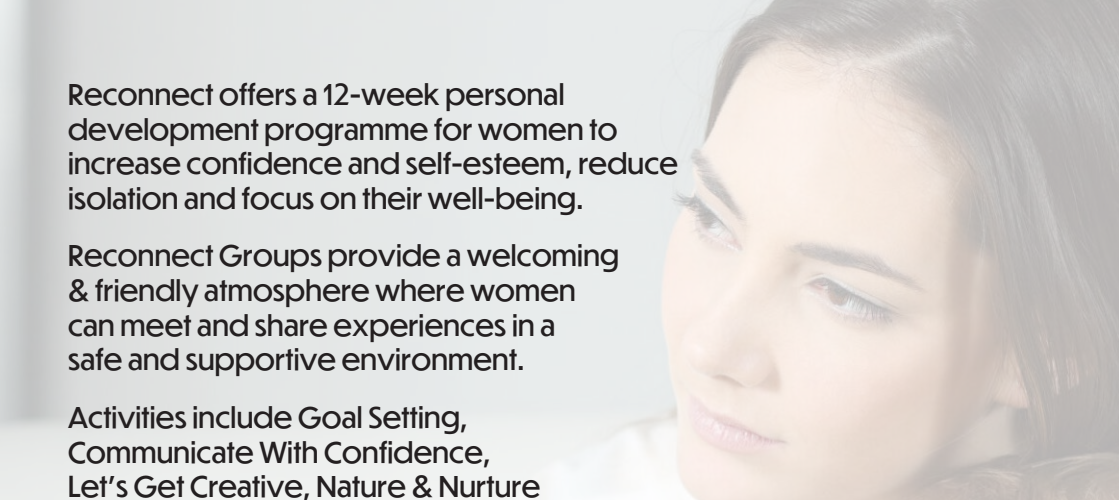
Women's Aid



Antrim, Ballymena
Carrickfergus, Larne
& Newtownabbey

Reconnect Groups For Women

**Together We Are Working To
End Domestic Abuse**



Reconnect offers a 12-week personal development programme for women to increase confidence and self-esteem, reduce isolation and focus on their well-being.

Reconnect Groups provide a welcoming & friendly atmosphere where women can meet and share experiences in a safe and supportive environment.

Activities include Goal Setting, Communicate With Confidence, Let's Get Creative, Nature & Nurture and Walking Together.

Reconnect Groups meet one morning per week from 10.30am to 12.30pm.

Tel: 028 25 632136

Freephone 24hr Domestic & Sexual Abuse Helpline: 0808 802 1414

Email: admin@womensaidabcln.org
www.womens-aid.org.uk

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Working To End Domestic Abuse