



# Wycombe Women's Aid Groups for Women

## **Freedom Programme:**

12 week rolling programme. No groups during school holidays.

◇ Thursday morning (High Wycombe) 10.00am—11.30am —contact Anna on 07436 536400

## **Helping Hands:**

Group work with children who have witnessed or experienced domestic violence.

◇ Monday afternoon 4.00—5.00pm

For details please contact Tracy on 01494 461367

## **You & Me, Mum:**

10 week group work programme to support women around their children's experiences of living with domestic violence. No groups during school holidays.

◇ Tuesday morning 10.00am—12.00pm

For details please contact Sarah on 07918 184616

## **Open Door:**

Free Legal Advice & C.A.B drop in service—High Wycombe

◇ Once a month on a Wednesday 10.00am—12.00pm

For details please contact Sarah on 07918 184616

## **Coffee Morning:**

A monthly get together for women and their children

◇ Last Friday of every month 10.30am—12.00pm

For details please contact Sarah on 07918 184616