



Helping Women Recover (HWR)

A Women's Programme for Addiction and Trauma

This is a free Programme for women in early recovery or after treatment.

The Programme:

- Is delivered by experienced and sensitive female staff
- Is run in a safe and comfortable location
- Acknowledges the challenges in women's lives
- Builds on the strengths of each woman
- Is comprised of a 2 hour group, twice a week, including meditation and holistic activities.
- Starts in April

If you are getting support from another service we will work in partnership with them, if this is your wish

HWR is a Programme run in partnership by PALLS, ALDP, ADAPT Service, NOVAS, NORTHSTAR, MWRD&AF, GOSHH, LHAT, the Probation Service

Contact

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The Programme covers:

- Addiction
- Self Esteem
- Spirituality
- Sexuality

- Trauma
- Relationships
- Relapse