



# together women LEEDS

## Who are we?

Together Women is an award-winning charity that **supports women and girls across Yorkshire and Humberside**. Our aim is to **empower women to lead safe, violence-free, and equal lives**.

From our **women-only centres**, we provide **tailored support** across a range of different pathways, including housing, domestic abuse, debt and more. As a charity led by women, for women, we provide **trauma informed, holistic support** to **help break cycles of trauma, abuse and re-offending**, and **evoke systems change**.

Including: Confidence Building,  
Breakfast Club and Light  
Lunch!

## Our Support:

We offer **one-to-one support, counselling, and groups** including:

- Anger Management
- Better Solutions
- Butterflies (Domestic Abuse Peer Support)
- Domestic Abuse Recovery Toolkit (SEND focus)
- Emotional Management Course
- Employability Skills
- Healthy Relationships
- Financial Fitness
- SPACE
- Tenancy Ready
- Peer Mentoring
- Drop-ins



## How to refer to our services?

Women can self-refer to our service or a professional can refer on their behalf. Please call or email us for more information

## CONTACT US



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[leeds@togetherwomen.org](mailto:leeds@togetherwomen.org)

[www.togetherwomen.org](http://www.togetherwomen.org)



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