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| **ONLINE GROUPS & COURSES** |
| **How do I access these groups?**  Email office@mysistershouse.info, call 01243697800 or speak to your key worker. |
| **Stronger Futures Peer Group Zoom**  Recovery support from the impact of Domestic Abuse.  **Tuesdays 1pm-2:30pm** |

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| **ONLINE CHAT** |
| **How do I access Online Chat?**  **Go to our website** [**www.mysistershouse.info**](http://www.mysistershouse.info) **and click on the speech bubble in the bottom right hand corner or click** [**https://buff.ly/2UkjRgi**](https://buff.ly/2UkjRgi)  Monday to Friday 10am to 2pm  Saturday 10am-12:30pm  Monday - Friday 6pm to 8pm (available in Polish on a Monday and Friday) |

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| **DROP IN** |
| **How do I access the drop ins?**  Please just pop in to see us during our drop-in times below, if you want to call before you come then please contact us on 01243 697800. |
| **BOGNOR HUB**  **108bc London Road, PO21 1BD**  **General Drop In**  Monday-Friday 10am-1pm  **Domestic Abuse Drop In**  Thursday 5pm to 8pm  **Eastern European Wellbeing Drop in**  Tuesday 5pm-7pm  **Eastern European Domestic Abuse Drop In**  Friday 10am-1pm |
| **CHICHESTER HUB**  **44 Bognor Road, Chichester, PO19 7TG**  **General Drop In**  Wednesday 10am-1pm  Friday 10am to 1pm  Saturday 10am-1pm  **Domestic Abuse Drop In**  Thursday 5pm-8pm |

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| **FACE-TO-FACE SUPPORT** |
| **How do I access this support?**  Please call 01243697800 or email office@mysistershouse.info, we will then triage you (ask you some questions) so that we can work out the best way we can help and support you. |
| **One to One Domestic Abuse Support**  For those currently living with Domestic Abuse |
| **One to One Emotional Support**  Appointments with our Welfare Keyworker |
| **Stronger Futures Peer Group**  Recovery support from the impact of Domestic Abuse (we can only accept clients who are no longer in the abusive relationship onto this group)  **Chichester: Tuesdays 10-11:30am**  **Bognor: Wednesdays 10-11:30am**  **Eastern European Stronger Futures Peer Group**  **Bognor: Mondays 10-11:30am** |
| **Thrive**  For those currently not working who wish to build skills & confidence with a view to future employment. |
| **Counselling Service**  to develop self-awareness and use your own internal resources to heal with the guidance of a counsellor. |
| **Financial Advice & Support**  For those requiring support with housing, benefits & finance.  By appointment only. |
| **Boundaries and Relationship Training**  Explores personal boundaries & healthy relationships in all aspects of life.  Four sessions.  **Bognor: Fridays 11:30-1:30pm** |
| **Tea & Chat**  Social chatting, sharing, smiling, & company – to reduce isolation.  **Chichester Hub**  **Mondays 1-2:30pm** |
| **The Craft Club**  A 10-week craft course, each week there is a different craft to try out and learn basic skills.  **The Makers Space, Longford Road, Bognor**  **Fridays 12.30pm – 2.30pm**  **Please enquire to book** |
| **Chichester Art Group**  A 10-week course. Each week they will learn about a technique get to try it out and learn about relevant artists. Equipment will be provided. Spaces are strictly limited so please book.  **Chichester Hub**  **Please enquire for next dates** |
| **Clothing Bank**  This runs once a month out of the Bognor Hub, choose from a variety of quality preloved ladies’ clothes, shoes and accessories.  **Please enquire for next dates** |

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| **OUTSIDE SERVICES WE HOST** |
| **How do I access these services?**  Please email office@mysistershouse.info, call 01243697800 or speak to your key worker. |
| **Woodland Wellbeing Group**  With Chichester Forest School  Enjoy the beautiful woods of Kingley Vale a light lunch is also provided.  Transport from Bognor is available, or you can meet at Kingley Vale.  **Fridays 10-14.30pm**  Leave Bognor at 10am (meet at Kingley Vale at 10:30am) and return back at 230pm (leave Kingley Vale at 2pm).  **Please book via office@mysistershouse.info** |
| **Sexual Health Clinic**  **At Bognor Hub, London Road**  We will have a sexual health nurse onsite able to offer contraceptive services such as pregnancy testing, pills, patches, injection, advice, implant fitting and offer routine STI screening. We can also offer advice between these clinics please call the office.  **1st Friday of each month**  **10am-12pm** |
| **Narcotics Anonymous**  **At Bognor Hub, London Road**  **Every Sunday 11am – 12pm**  NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle. A desire to stop using, a willingness to change and a little effort in attending meetings will get you off to a good start. |
| **Survivors Network Drop In**  Free information and specialist support for women who experience multiple disadvantages and who have also had an unwanted sexual experience, either recently or in the past. Support can include having a one-off informal discussion, connect you with housing, mental health and social services or provide support throughout the criminal justice process (if you choose to report you experience to the police).  **Last Tuesday of each month**  **11am-12:30pm** |
| **Pregnancy Options Drop In**  Pregnancy Options offer a free counselling service for women and teens facing difficult decisions around unplanned pregnancies. Options also provide longer term support for those who are experiencing difficulties after an abortion, helping them to process this experience in a healthy way.  The options team also offer longer term counselling to those who have experience an ectopic pregnancy, miscarriage or still birth.  **Last Thursday of each month**  **5pm-7pm** |
| We can arrange **Foodbank Vouchers**, provide **Toiletry Bags** including **Sanitary Items**, and make referrals for **Little Bundles** baby clothing. We also offer a **Condom Collection Service.** |