

## Welcome to Alana House

Welcome to Alana House's range of group work programmes. We're delighted that you have joined our community. At Alana House, we believe in the power of support, understanding and empowerment. We work hard to create an environment that is welcoming, inclusive and respectful of everyone's journey. We understand that you may have faced challenges and traumas in your lives and we are committed to providing a space where you feel heard, supported and valued.

## How do our groups work?

All our programmes are based on trauma-informed group work approaches which focus on creating safe and supportive environments. The approach aims to empower individuals, foster healing and promote resilience within group settings. Key principals of this approach are to establish trustworthiness, safety and collaboration through peer support as well as understanding the impact of trauma, whilst aiming to encourage self-care amongst participants.

## How to join a group

**Speak to your Alana House support worker or call us on 0118 921 7640.**

## How to find us

Address: **2 Southern Court, South Street, Reading, RG1 4QS**



For more information please get in touch:

Tel: **0118 921 7640**  
Email: **alana.house@pactcharity.org**  
Website: **www.alanahouse.org**



To find out about our other community project **Bounce Back 4 Kids** visit **bounceback4kids.org**

The Oxford Diocesan Council for Social Work Inc., whose working name is Parents And Children Together, is a company limited by guarantee, registered in England (no. 1636098) and a Registered Charity (no. 285214), whose registered office is:

**Alana HOUSE**  
Women's Community Project

Supported by  
**DIOCESE OF OXFORD**

Registered with  
**FUNDRAISING REGULATOR**

7 Southern Court, South Street,  
Reading, RG1 4QS

**f X Instagram** @AlanaHousePACT @AlanaHouseCommunity

**Ofsted**  
Outstanding Provider

# Alana House group work programmes

**Alana HOUSE**  
Women's Community Project

Part of

## Groups at Alana House

### Healing Trauma

Gain a greater understanding of the impacts of trauma and learn new strategies and techniques to help you feel grounded and safe.



### Power to Change

This group is run specifically for women who have experienced or are experiencing domestic abuse. The group is based on the idea that women working together in a safe, friendly and non-judgmental environment can change their lives for the better.



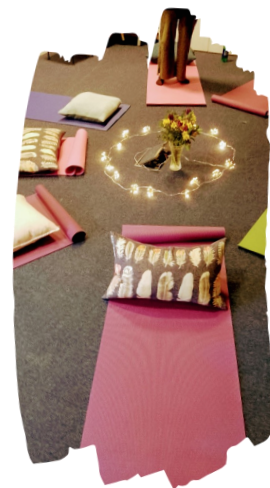
### Sexual Violence Recovery Toolkit

This 12-week group programme uses cognitive behavioural therapy (a trauma-informed practice) and a psycho-educational approach to enable group members to move forward from the trauma of experiencing sexual violence. The programme supports group members to develop positive lifestyle coping strategies to restore a sense of safety and to enable people to return to active citizenship.



### Trauma Informed Yoga

An opportunity to learn some practices to improve mind and physical health. A safe, self-paced and empowering approach with a deliberate emphasis on choice and curiosity.



### Domestic Abuse Recovery Toolkit

This 12-week group programme offers an evidence based, trauma-informed and psycho-educational approach using cognitive behavioural therapy to enable group members to move forward from the trauma of experiencing domestic abuse. It supports participants to develop positive lifestyle coping strategies, restoring a sense of safety and empowerment.



### Hope to Recovery

A six-week programme that can be delivered online or face-to-face, as a group or as a one-to-one programme. This programme follows the trauma-informed principles of the Domestic Abuse Recovery Toolkit and uses a psycho-educational approach which avoids triggering or re-traumatising participants. It is evidence-based, gender neutral and can be used to support anyone experiencing abuse.