



MY SISTERS' HOUSE

WOMEN'S CENTRE

Life changing services
by women, for *women.*

We work without **judgement.**

Our aim is to **empower women**,
promote **equality**, and address
challenges such as **domestic
abuse**, poverty, mental health,
and social barriers.

**"I'm a different woman, stronger and
happier thanks to such amazing
support from the team."**

Accessible for women in Arun & Chichester



Charity Number:
CIO 1188070



Offices in Bognor Regis & Chichester

HOW WE CAN HELP

- First Response and Welcome Assessment
- Specialist Domestic Abuse support - Crisis and Recovery
- Domestic Abuse Recovery for mother & child
- Counselling & Wellbeing
- Living positively & Anxiety management programmes
- Younger Futures (for 15 - 19 year olds)
- Services in English & Eastern European languages
- Emergency toiletries & safety equipment
- Sexual Health Kits

