



SERVICES BOOKLET

NOVEMBER 2024



DROP-IN TIMES



BOGNOR REGIS HUB

108bc London Road, PO21 1BD

General Drop-In

Monday-Friday 10am-1pm

Domestic Abuse Drop-In

Thursday 5pm to 8pm

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

Please just pop in to see us during the above drop-in times. If you want to call before you come then please contact us on
01243 697800

We can also arrange **Foodbank Vouchers**, provide **Toiletry Bags** including sanitary items, and make referrals for **Little Bundles baby clothing**.



ONLINE GROUPS & COURSES



Stronger Futures Peer Group Zoom

Recovery support from the impact of Domestic Abuse
(we can only accept clients who are no longer in the abusive relationship onto this group)

Fridays 11:00am-12:30pm

To access online groups please email office@mysistershouse.info, call 01243 697800 or speak to your keyworker.



FACE-TO-FACE SUPPORT

One-to-one



One to One Domestic Abuse Support

For those currently living with Domestic Abuse

Counselling Service

To develop self-awareness and use your own internal resources to heal with the guidance of a counsellor.

This can be available via zoom video or in person.

Contact us for a link to our online self-referral form

Financial Advice & Support

For those requiring support with housing, benefits & finance.

By appointment only – please contact us for more information



FACE-TO-FACE SUPPORT

Groups



DART - Domestic Abuse Recovery Together

Helping you and your children recover, communicate and rebuild after domestic abuse

Contact us to book onto DART or find our online referral form on our website

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)

Stone Pillow, Ellasdale Road, Bognor Regis: **Tuesdays 11:00am-12:30pm**

Polish Stronger Futures Peer Group

Bognor Regis Hub: **Mondays 10:00am-11:30am**

Eastern European Wellbeing Group

Peer support, discussing how to look after your own wellbeing.

Bognor Regis Hub: **Tuesdays 5:00pm-7:00pm**

Thrive

Our enhanced **Thrive** programme now incorporates our new **Anxiety Management** course, our **Live Positively Confidence & Self Esteem** course, as well as lots of practical support in our CV writing, Interview skills and Job Club clinics. Wellbeing drop-in (Saturdays in Chichester 10am - 1pm) and one to one Keyworking appointments provide additional support where needed.

Contact us for more information or to book into any of these services



OUTSIDE SERVICES THAT WE HOST



Narcotics Anonymous

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.

At our Bognor Hub, London Road Every Sunday 11am – 12pm

