

# Safer Relationships Group

A therapy group to explore how to create safer, healthier and more positive relationships.

Would you like to have safer, healthier and more fulfilling relationships?

Do you get caught in cycles of unsafe and controlling close relationships?

Would you like support with making changes, managing your emotions and improving your self esteem?

Would you like to feel less isolated?

SRC are running a therapeutic group for those 18+ and living in Southampton and Western Hampshire, who want to explore the issues involved in unhealthy relationships and how they might make changes to keep themselves and their families safer.

The group runs on a Wednesday afternoon, at a safe and confidential location in Southampton and run by staff experienced in risk management as well as therapeutic work.

Attendance is in blocks of 8 weeks, with opportunity to attend multiple blocks.

For more information or to make a referral please contact SRC by calling 02380 636312 or text "Safer Relationships" to 07584027389

SRC are committed to providing a confidential and secure service with maximum discretion. We will work with you to keep you safe.