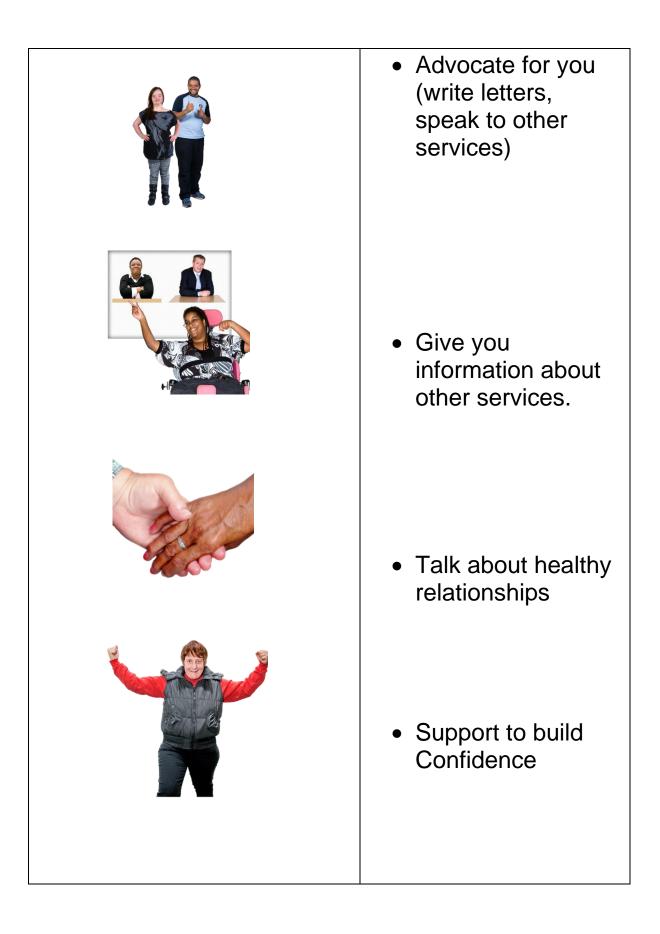
What support can I get?

	We have a specialist service for women with learning disabilities and or Autism
	We provide one to one specialist support work.
	You will have a support worker who will meet with you.
Received and the second	Your support worker can help you with things like:
	 Managing your feelings



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	We also offer workshops and training.
	We can talk about healthy relationships and consent.
	We can also tell you more about counselling where you can talk about any bad things that have happened to you and think about feelings.