## MONTHLY SUPPORT SESSIONS

SARSAS gen.
Believe.
Support.

Free support for anyone affected by **sexual violence** - anytime in their life.

- · meet our friendly support team
- learn simple techniques to help you cope
- take part in a relaxing creative activity
- · find out about the services we offer

Training Room 1, Settlement Site, Barton Hill Settlement, 43 Ducie Rd, Barton Hill, Bristol BS5 0AX

Join us on a **Tuesday** at **Wellspring Settlement**:



23 September | 11am-1pm 21 October | 11am-1pm 25 November | 11am-1pm

