

ARE YOU SUFFERING FROM PHYSICAL OR MENTAL ABUSE AT HOME

DO YOU WANT TO SPEAK TO SOMEONE IN CONFIDENCE



Come along to our weekly confidential support Sessions where you can receive:-

- **Free one to one help**
- **Aromatherapy**
- **Reflexology**
- **Meet new friends and socialise**
- **Help to find**
- **Volunteering Opportunities**
- **Learn new Computer Skills, ESOL and Textiles**
- **Meet other agencies who can help you with welfare, money and debt advice**

For more information
Contact Zinhiya
On (0116) 251 47 47

**Every Monday - 11am to 2 pm (support group) &
Thursday - 11am to 1.30pm (one to one advice)
No booking needed - just turn up**

**For more information ask at our reception
Shama Women's Centre, 39-45 sparkenhoe street
Leicester, LE2 0TD (0116) 254 4747**

money raised by
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