



ARE YOU SUFFERING FROM PHYSICAL / MENTAL ABUSE OR EXPERIENCED HATE CRIME?

DO YOU WANT TO SPEAK TO SOMEONE IN CONFIDENCE?



Come along to our CONFIDENTIAL support sessions:

- Free one to one help
- Advice by specialists
- Crisis support
- Self-help groups
- Volunteering Opportunities / Employment
- Support with welfare, money, advice and debt
- Food banks

Wednesdays 10.30am to 1.00pm
For more information call 0116 251 4747

 **Shama women's centre**
educational, social and wellbeing services

For more information ask at our reception
Shama Women's Centre, 39-45 Sparkenhoe Street
Leicester, LE2 0TD - (0116) 251 4747

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Ganeshpanchan Trust



**POLICE & CRIME
COMMISSIONER
for Leicestershire**
Prevention | Partnership | Protection