

The Sunflower project

Sunflower Project is a support group for women that have experienced domestic violence/abuse from an ex partner or other family member, including emotional, financial, sexual, mental or physical abuse.

Its an 11 week programme for women to explore their experiences in a safe environment: to learn, reflect and connect with other women: to have fun and to prepare for their next steps ahead.

This is a free service for any women that participates. Support will be given to cover travel costs.

To be able to participate in the group you must:

- live in Islington
- no longer be living in domestic violence or abusive relationship
- be able to commit to the programme



The Sunflower programme starts at 10:30am and finishes at 1.00pm with lunch included.

Each week the sessions will build on empowering women through shared experiences, exploration of domestic abuse signs and symptoms, positive coping strategies, peer support from other women. Identifying support needed to achieve goals and ambitions.



**Contact Tanya Pinnock at
Tanya.Pinnock@islington.gov.uk**