



**We welcome women from all backgrounds across Surrey, offering support as they navigate their journeys of self-discovery, recovery, healing, and personal expression.**

Our vision is to continue empowering women who face multiple disadvantage: those involved in the Criminal Justice System, experiencing abuse or exploitation, living with the effects of trauma, or seeking freedom from substance use. We do this through a trauma-informed, client-led approach that places each woman's voice and experience at the heart of her healing, and prioritises dignity, autonomy, and long-term empowerment.

Scan for our website



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Part of



## Services at The Women's Support Centre, Surrey:

**Specialist Recovery Service** - holistic, trauma-informed specialist support and advocacy.

The Specialist Recovery Service works with women who are impacted by the use of alcohol & substances across Surrey via a strength-based and accountability approach. The Team provide one-to-one, client-led and trauma-informed support and advocacy. Additionally, the team facilitate two SMART Recovery groups per week, one online and one in person at the Women's Support Centre.

**Specialist Domestic Abuse Service** - trauma-informed, safety and well-being focused support.

The specialist Domestic Abuse (DA) Service provides one-to-one support to women impacted by domestic abuse, across Surrey. The team work with clients and create client-led, holistic needs assessments to achieve goals and work towards positive life changes and safer futures. In addition to the extensive one-to-one support, the team run a weekly coffee morning and a recognised DA programme to support those subjected to domestic abuse.

**Counselling Services** - trauma-informed talking therapy and placement for trainee counsellors.

Providing up to 26 sessions of therapy, the WSC Counselling Service comprises fully qualified and trainee counsellors, providing one-to-one sessions. Counselling is primarily provided in person, but if appropriate, may be delivered over the telephone or Teams. Following referral, you may be offered an assessment with the Service Co-ordinator where together, you will decide whether this is the correct Service for you, at this time.

## Peer Mentor Service

Providing empowerment-focused and strength-based guidance for clients at a point in their journey where they are able to use lived experience to support the Centre, groups and clients.

## Groups, Programmes and Self-Care

Art Group  
Drop-in Group  
Drama Group  
Probation Breakfast club  
DA Coffee Morning  
SMART Recovery - online

Sexual Health  
Self HIV testing kits  
Readiness to Engage  
Mindfulness and Self-care  
Hope2Recovery Toolkit  
SMART Recovery - in person



All Services are free to access and donations are accepted via The Women's Support Centre, Surrey JustGiving page.