

CARE WORKSHOPS

The SADA Care Workshops have been designed to support all survivors of Domestic Abuse. We offer 3 workshops, each designed to support survivors through different parts of their journey.

SADA SERVICES

Survivors Against Domestic Abuse (SADA), offers crisis intervention, together with client-led support and signposting to other agencies. We offer a range of unique service provisions including the running of 31 Safe Space homes and a refuge.

HOW CAN WE HELP YOU

Our workshops have been created by Survivors for Survivors. Those with lived experience would love to support you to move forward on your journey.

GET IN TOUCH

PHONE NUMBER:

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EMAIL ADDRESS:

SADA@stevenage.gov.uk

WEBSITE:

www.friendsofsada.co.uk

SOCIAL MEDIA:

@friendsofsada



WELCOME TO



SADA CARE WORKSHOPS

We provide workshops to support all survivors of domestic abuse

Stevenage
BOROUGH COUNCIL



HOW TO KEEP SAFE AND GAIN SUPPORT

- 1** Review your safety in and out of your home.



- 2** Access Mental Health or Mindfulness support.



- 3** Accept practical help and get in touch with advice services.



- 4** Connect with friends/family/support groups/GP.



- 5** Prioritize yourself and enjoy healthy relationships.



- 6** Gain and keep control of your finances and lifestyle.

