

OUTGROWING THE PAIN, BREAKING FREE and HEALING

We offer a confidential environment for adult female survivors to discuss their feelings & anxieties related to their prior experiences of rape and/or sexual abuse/exploitation as children/young people (by a member of their immediate/extended family)

Survivors experience growth through:

- Being believed and heard;
- Being listened to, with empathy and compassion;
- Receiving positive feedback & encouragement;
- Sharing resources, coping strategies and insights;
- Seeing new possibilities and options;
- Being inspired by others' progress and hope;
- No longer feeling isolated;
- Gaining in confidence and self esteem;
- No longer keeping the secret; and
- Laughing as well as crying together

CIS'ters offers female survivors a NATIONAL service, from our base in Hampshire:

- Group Meetings (hosted in Southampton, Hampshire)
- Full/half day Survivor Workshops (Theme based)
- Residential Weekend Workshop (annual event in Hampshire)
- Quarterly Newsletter (read by survivors across the UK and beyond)
- Helpline (Saturdays 10am-noon)

CIS'ters offers workers in other agencies (across sectors):

- Training events/seminars

How do Survivors make contact with CIS'ters ?

Please note that we only accept self-referral from survivors; however we appreciate that workers might wish to contact us prior to providing our contact information to a client etc if our agency is unknown to the worker.

When responding to calls left on our answerphone we take the utmost care, asking the individual if it is okay for them to speak at their end of the phone. If the individual is not in, then we only leave a message 'that a friend called Helen rang'.



CIS'ters: an experience in learning,
sharing, growing - individually & together

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