

**Right now everything may seem
overwhelming and impossible—
but take a deep breath and know that
you will get through this.**

If you are living in or wanting to make a change to an abusive relationship – for yourself or someone else - or if you just want to talk things through – please ask to speak with a Family Support Worker or come along to our free drop in sessions— you will receive a friendly non-judgemental welcome and a listening ear in a safe environment.

*Drop in from 12.30pm—2.00pm
on the following Mondays:*

*27th November, 18th December
29th January, 26th February
26th March, 23rd April
21st May, 25th June & 16th July.*

Megacentre Family Support Team
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THE Megacentre
Rayleigh