



WE:ARE

Rise. Reclaim. Recover

FROM LEAVING TO HEALING...

WE:ARE - Women's Empowerment & Recovery Educators - are a Birmingham based charity providing a pathway of programmes for women who have been subjected to Domestic Abuse.

Starting with Pat Craven's Freedom Programme, which is delivered weekly either on zoom or in person, you can join us whenever you are ready and come along whenever you can, with no pressure to attend every week. We can arrange a chat beforehand to put you at ease, and answer any questions or worries you may have about the programme.

The Freedom Programme

An 11-week programme exploring the abusive tactics, controlling behaviours and belief systems of the personas of the Dominator, and the effects on women and children's health and well-being.



Birmingham
City Council

info@weareuk.org
weareuk.org

07497 105 712 or 07868 163 103

Charity No. 1123337



COMMUNITY
FUND



WE:ARE

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OUR FOLLOW ON PROGRAMMES

OWN MY LIFE

Own my Life is an innovative, creative and educational 12-week course supporting you in regaining ownership of your life after Domestic Abuse. This is achieved through short videos, structured discussions, group and individual activities, as well as a comprehensive learning journal.



Our Healing Home

A 10 week strengths based programme which safely explores the impact domestic abuse has on our role as mothers and consequently our children. We explore strategies for healing and repairing the relationship which will have been undermined by the perpetrator.



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WE:ARE

Women's Empowerment & Recovery Educators
Supporting women post Domestic Abuse



Help us by donating
at Paypal



Thank
you 

£5

would buy



group refreshments to
create a welcoming
environment

£10

would buy



a programme
workbook for a
woman attending
groups

£25

would buy



group resources to
make our groups
more creative and
engaging

£50

would buy



a weekly art
therapy/narrative
journaling session

£100

covers the cost of



a woman completing
an online programme

£200

covers the cost of



a woman completing
an in person
programme



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WE:ARE

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Supporting women post Domestic Abuse



Buy our
poetry book



Through the difficult times of Covid something beautiful happened - our groups came together to write poetry of surviving, hope and love.

Those words were published into a book
'Words From Warrior Women'
with preface by Jess Philips MP.

We hope you find them as
moving as we do.



"A wonderful collection of inspiring stories"



"An incredibly powerful collection of poems by survivors, showing not only the experiences of living with an abuser, but the strength and resilience women have to thrive afterwards"



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WE:ARE



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EVENT:

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