

Activities may include:

- Arts & Crafts
- Cookery
- Walking
- Yoga
- Zumba
- Coffee Morning
- Breakfast Morning
- Swimming
- Bowling
- Crazy Golf
- Hair & Beauty Session
- Massage
- Visit to local attractions

These are our ideas but as you join in the group we would be delighted for you to suggest your own ideas, which we will try to accommodate.



Contact the Reconnect Worker, Bronagh O'Boyle for more information.
Phone: 07835 309 793
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RECONNECT



Reconnect is a free social activity group for women who have experienced domestic violence..., and it's held in your local area.

The Reconnect Project is supported by



ABUSE ISOLATES—RECOVERY RECONNECTS

Our Aim: Provide you with the opportunity to meet others, be supported, build confidence and move forward.

Our Objectives:

- To give women the opportunity to experience new and enjoyable activities.
- To increase confidence and self-esteem.
- To reduce isolation.
- To provide links with the local community.
- To encourage and support the women in achieving their goals .
- To have fun!!!



TESTIMONIALS FROM SERVICE USERS

“ I like meeting people and doing different things.”

“Reconnect has taught me many new crafts, It gives me a reason to get out of bed. I enjoy coming. “

“ I look forward to meeting everyone each week. “

“ I enjoy the company, and laughing!”

Reconnect Groups meets in Antrim, Ballymena, Larne and Newtownabbey weekly, and Carrickfergus fortnightly. It is held from 10.30 –12.30 in all areas.

The group is run by Reconnect volunteers. You will get to know them and they will encourage you to come along and build on your social skills.

Confidentiality is taken very seriously within the groups and you can be assured of sensitivity and respect when it comes to sharing of information and participation in the groups.

