

# COURAGEUS

## What is The CouRAGEus Project?

We are a diverse group of organisations who work with young women affected by violence and abuse.

We support **Black and minoritised young women**. This includes those from ethnic minority groups, LGBT+ and disabled young women. We can support you if:

- You are aged 14-24
- You are worried about or have experienced violence, abuse or exploitation
- You live, work or study in any London Borough
- You are experiencing trauma or emotional distress

We know that young women and girls are often overlooked or misunderstood so we work together to ensure that you get the support you deserve.



### **1:1 Advocacy**

Advocacy is emotional and practical support which helps you to have your voice heard, ensuring you get all the resources you need to move forward.

Your advocate will work alongside you and can help to raise concerns – for example with teachers and social workers.

### **Community Engagement Work**

This is about us coming out to you to raise awareness and offer support. We offer workshops, activities and group work to increase awareness of violence and abuse, and to build young women's resiliency.

We also provide training to professionals and parents to ensure the whole community is empowered to support you.

### **Counselling**

Counselling offers you the opportunity to talk to someone 1:1 to process difficult emotions and experiences.

This can support your wellbeing by building on your personal strengths. Our specialist young women's counsellors will listen to you, respect and believe you.

### **Experts by Experience Programme**

Young women are experts in their own lives: you know best how services can support you. We have lots of opportunities for young women to help shape the support we offer whilst learning new skills. This means our work is always led by the needs and wishes of young women like you.



We are committed to a better future for young women through **Resistance, Resilience and Rebellion!**

### **We respect your privacy!**

This means we will not share information about you without your consent unless you or someone else is at risk of serious harm.

If we think we might need to share any information about you we will talk to you about this first.

### **We see you for you!**

We understand that finding the right support can be difficult. We are a diverse group of organisations who will work together to ensure you get the best support for your needs.

### **We celebrate diversity!**

We understand the challenges that come with the different parts of your identity as a young woman – including ethnicity, disability, class, immigration status, gender and sexual orientation. We are here to work with you to overcome these challenges.

### **We believe in healing!**

We understand the impact of trauma on your wellbeing and behaviour. We do not judge you because of the difficult experiences you have had. We will support you to move forward.

To get support contact:

**Southall Black Sisters**

Tel: 020 8571 9595

Email: [info@southallblacksisters.co.uk](mailto:info@southallblacksisters.co.uk)

Web: [www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)



We offer **advocacy** to Black Minority Ethnic women and girls in West London: Ealing, Hillingdon, Hounslow, Kingston-Upon-Thames and Richmond.

Support can be provided in Hindi, Punjabi, Gujarati, Bengali and Urdu.



To find out about support offered by the CouRAGEus partnership across London visit [wgn.org.uk/CouRAGEus](http://wgn.org.uk/CouRAGEus) or email [CouRAGEus@wgn.org.uk](mailto:CouRAGEus@wgn.org.uk).



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