



RECLAIMING

A Therapeutic Recovery Programme for Women Affected by Gender-Based Violence

Reconnecting with yourself, your values, your identity, and your future.

Reclaiming is a 12-week therapeutic programme for women who have experienced gender-based violence.

The programme combines evidence-based approaches including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), mindfulness, self-compassion, and trauma-informed psychoeducation.

You do not need a diagnosis of PTSD to attend.

Who Is the Programme For?

Reclaiming may be suitable for women aged 18+ who live in Coventry or within approximately 25 miles of Coventry. Have experienced gender-based violence, including:

- Domestic abuse
- Sexual violence or abuse
- Coercive control
- Honour-based abuse
- Forced marriage
- Female Genital Mutilation (FGM)
- Stalking or harassment
- Other forms of violence against women and girls

Are experiencing difficulties such as:

- Anxiety
- Low mood
- Trauma-related difficulties
- Shame or self-blame
- Loss of confidence
- Relationship difficulties
- Feeling disconnected from themselves or their identity

What makes Reclaiming different?

Rooted in Culture, Identity and Community

Reclaiming has been developed with particular awareness of the experiences of women from Global Majority communities.

We recognise that culture, race, faith, migration experiences, family expectations, discrimination, and community experiences can all influence how women experience harm, healing, help-seeking, and support.

Women from all backgrounds are welcome. You will never be required to share extensive details of your experiences in order to participate

What will we explore?

Throughout the programme we will explore:

- Understanding trauma and the nervous system
- Mindfulness and grounding skills
- Managing difficult thoughts and emotions
- Shame and self-compassion
- Rebuilding confidence and self-worth
- Identity, culture and healing
- Values and what matters most to you
- Taking small brave steps towards the life you want

Our aim is not simply to help women survive, but to support them in reconnecting with themselves and building a life that feels meaningful, hopeful, and aligned with what matters most

Programme Information

Location:	Coventry and surrounding areas
Format:	Face-to-face group Online group
Commitment:	12 weekly sessions 2 hours per week
Programme Dates:	Online: <to be added later> Face-to-face: <to be added later>
Programme Time:	Online: 9:30am – 11:30am Mondays Face-to-face: 5:30pm – 7:30pm Thursdays
Venue/Platform:	Online: Video Face-to-face: venue details will be shared with confirmed participants. The programme will take place in a safe, welcoming, and accessible location within Coventry, with convenient transport links from Coventry City Centre and surrounding areas.

Making a Referral

We welcome both self-referrals and professional referrals.

Self-Referral

Women can refer themselves directly to the programme.

Self-Referral Link: to be added later

Professional Referral

Referrals are welcome from:

- NHS services
- Primary care
- Social prescribing teams
- Community organisations
- Domestic abuse services
- Sexual violence services
- Refugee and migrant services
- Housing and support services
- Voluntary and community sector organisations
- Other appropriate support services

Professional Referral Link: **to be added later**

What Happens After Referral?

Once a referral has been received, it will be reviewed by the programme team. If the programme appears suitable, participants will be invited to book a short one-to-one conversation with a Reclaiming facilitator.

This is not a therapy session or formal assessment.

The purpose of this conversation is to:

- Answer any questions about the programme
- Discuss what participants can expect
- Explore whether the programme feels like a good fit for their current needs
- Consider any support, accessibility, or communication needs
- Help participants make an informed decision about joining.

Following this conversation, suitable participants will be offered a place and receive full joining information.

Reclaiming Retreat – January 2027

As part of the programme, participants will be invited to attend a local one-day retreat in January 2027.

The retreat offers an opportunity to:

- Reflect on the journey completed throughout the programme
- Celebrate growth, resilience and achievements
- Deepen connections with other women
- Explore wellbeing, self-care and healing practices
- Step into the new year with greater confidence, hope and intention.

The retreat will centre healing, reflection, connection, sisterhood, and moving forward into the next chapter of life.

Referral Guidance

Reclaiming may be suitable for women who:

- ✓ Have experienced gender-based violence.
- ✓ Are currently in a sufficiently safe and stable situation to engage in therapeutic group work.
- ✓ Are no longer living in an actively abusive situation and have appropriate safety planning and support in place.
- ✓ Are not currently receiving psychological therapy elsewhere.
- ✓ Feel ready to begin exploring healing, recovery, and life beyond survival.
- ✓ Are able to attend and participate in a group setting.
- ✓ Are able to understand and communicate in English sufficiently to engage with group discussions and materials.
- ✓ Can commit to attending the 12-week programme.

A Note About Readiness

Reclaiming is a programme focused on healing, rebuilding, and reconnecting with what matters most.

Many women spend significant periods of time in survival mode, managing immediate safety concerns, crises, housing issues, legal proceedings, family pressures, or the ongoing impact of abuse.

For some women, this programme may come at exactly the right time. For others, additional support may be needed before they are ready to engage in this group.

There is no right or wrong stage to be at. Everyone's journey is different.

As part of the referral process, participants will have the opportunity to discuss whether Reclaiming feels like the right fit for them at this point in their lives.

Reclaiming may not be suitable at this time for individuals who are currently experiencing:

- An active mental health crisis requiring urgent intervention
- Active suicidal intent or plans
- Active severe self-harm that requires more intensive support
- Acute psychosis
- Severe unmanaged substance dependency
- Significant difficulties that would make it difficult to participate safely within a group environment
- Current involvement in another structured course of psychological therapy

Where Reclaiming is not the most appropriate option, we will aim to signpost individuals to alternative sources of support where possible.



Contact Us



reclaiming@womensconsortium.org.uk



07306 818 213 | Mon-Fri | 9am-5pm



www.womensconsortium.org.uk

Please note: Reclaiming is not a crisis service.

If someone is at immediate risk of harm, call 999.

For urgent mental health support, contact NHS 111 and select the mental health option.