

# PEER SUPPORT GROUP



Women's

AID

North Ayrshire

North Ayrshire  
Women's Aid  
17 Vernon Street  
Saltcoats  
KA215HE

# WELCOME

## Welcome to North Ayrshire Women's Peer Support Group

### What is peer support?

Peer support happens when people who have similar experiences of something difficult come together to support each other.

### Why is it important?

When people come to peer support, it's important that they feel comfortable to talk about difficult issues. Many peers talk about the relief of feeling that they're "not the only one". This makes it easier for people to open up and help each other.

### When is it available?

Our peer group runs weekly. Please ask your NAWA worker for days, times and locations or contact us on 01294 602424.



# WE SUPPORT EACH OTHER TO HELP OURSELVES



## Attending the peer group

You can choose how you participate in the peer group and are free to leave at any time should you wish too. It is your own personal choice what you share or discuss with others within the group.

We aim to maintain a safe and comfortable environment for you at all times.

**"When women support each other,  
incredible things happen"**

**For more information, please call us on 01294 602424  
For days, times and location, ask your NAWA worker**