

We provide an environment which enables young women and girls to feel secure and safe. This includes pre-group support sessions, educational, creative and artistic group workshops. Through reducing isolation and facilitating an inspirational creative space, young women and girls will be able to take back their power and control, be empowered to make their own decisions, plan new goals and adopt new behaviours.

Tell me more: Before group work starts, pre-group 1:1 sessions will take place with each young woman/girl to ensure they are ready for group work and to undertake individual needs assessment and safety planning where necessary.

How do I find out more? If you feel you could benefit from any of the support offered by the YEW Project or wish to refer a young woman, please contact us using our helpline number on:

01208 77099



**Rape and Sexual Abuse
Helpline:**

01208 77099

**Women's Domestic
Violence
Support Network Helpline:**

01208 79992

Admin Line: 01208 76466

www.womenscentrecornwall.org.uk



Young Empowered Women

*Educational and Creative
Group Work Programmes
and 1:1 Support for Young
Women aged 11 - 18yrs*

*Our aim is to help young women
and girls who have experienced,
are experiencing sexual violence or
domestic abuse, heal from the
effects of their abuse and move on
to lead healthy and fulfilling lives.*

Who is this for? The YEW project is open to all young women and girls aged 11-18 years in Mid and East Cornwall who have experienced or are experiencing abuse of any kind. We offer free, confidential face-to-face support and educational /creative group work programmes.

What is available? We run 3 group work programmes a year; each programme offers 8 weekly facilitated sessions and combines educational and creative workshops led by professional artists.



Subjects covered on by the group support sessions may include: healthy and unhealthy relationships; the impact of abuse; your rights, body image and ownership, consent, sexting and safety online, coping strategies, assertiveness skills; healthy boundaries; confidence building and self-esteem.



Creative workshops may include... film making, installation art, painting, drumming, dance, graffiti, theatre, rap (spoken word), poetry, sculpture, ceramics, puppetry, weaving, wood craft, paint making and collage. Young women will be involved in deciding on the activities which will best meet their needs and help them heal from abuse.

Why might the YEW Project help me? The sessions offered will support you in expressing your feelings, building confidence, knowing your rights, creating safety plans and finding healthy coping strategies. We will support you to increase self-esteem, self-worth and self-belief; promote self-confidence through artistic expression; have fun and reduce isolation through connecting with other young women who have had similar experiences.



We hope to empower and inspire you to move forward positively, stay safe and feel in control of your life.