



Paddington
Sexual Assault Referral Centre
Tel: 020-3312-1101
Fax: 020-3312-1850

The Haven, Paddington: Education and Symptom Management Group

What is it?

An 8 session group (with a review/follow-up session) focusing on psychological education as well as helping you to find better ways of coping with symptoms related to rape and sexual assault. These symptoms might include: flashbacks, nightmares, sleep problems, anxiety, low mood, panic, irritability and anger

What isn't it?

The group isn't a 'therapy' group in the traditional sense. The focus will be on helping you better manage your symptoms.

Who might the group be suitable for?

Women 18 years and over, who have been raped or sexually assaulted in the past 12 months

When will it take place?

Every week on Friday afternoons from 3 – 5pm (with a 20 minute break in the middle)

Where will it take place?

At St. Mary's Hospital, Praed Street, Paddington, London W2 1NY

What should I do if I'm interested?

For further information, please contact Dr Georgina Smith at the Haven, Paddington: Tel: 0203 312 1101

What happens then?

You will be invited to attend an appointment where you will have the opportunity to discuss your current difficulties, to find out more about the group and whether or not it might be right for you at this time.