

# pa~~u~~se

creating space  
for change

Registered address: The Grosvenor Centre, 138a Grosvenor Road, St Pauls, Bristol,  
BS2 8YA

Registered Charity No. 1062391, Company No. 3362644

Hosted by

One~~e~~25



## Do you face challenges over:

Drug and alcohol use



Having a child removed from your care?



People hurting or controlling you



Thoughts about hurting yourself or not wanting to be alive



Feeling anxious and out of control



Bills, benefits and housing



Controlling anger



Accessing the right support



**If you do then we would like to invite you to take part in a special programme, to press the Pause button in your life.**

## What is Pause?

Pause works with women who have experienced the removal of one or more of their children. We aim to give women the opportunity to pause and take control of their lives breaking the cycle that causes trauma for all involved.

On the Pause programme you can work with your practitioner to identify your needs and achieve goals that are important to you.

By giving you support and space to take a fresh look at your life, Pause can help you:

Build your self confidence



See your circumstances more clearly



Realise the options in your life



Have more control



If you are interested in applying for the programme or would like to find out more, please contact us either by phone or email to request a referral form.

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