

# Recovery Around Women (RAW) Group

Ambition Portsmouth are committed to empowering women with the education and skills to thrive in the community, maintain their independence with a focus on creating a healthy future.



**Recovery Around Women offers a safe non-judgemental space for women to be part of a community**

- Talk, listen and learn with others who have lived similar experiences
- Be provided with education & skills around Substance Misuse, Domestic Abuse, Employment, Parenting & Mental Health
- Learn the foundations of 'ABC' – Attitude, Behaviour & Culture change
- Learn to use Critical Thinking Skills to be a better 'You'
- Join in activities such as learning to write poetry or practical skills such as how to knit and how to crochet
- Improve your self-worth, self-esteem, confidence and resilience skills
- Explore goal setting and planning for a better future

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**One to One person - centred sessions and group sessions available**

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Feel free to call into our drop-in service at **67 Kingston Road, Buckland, Portsmouth, PO2 7DX** for a chat with a tea or coffee, or alternatively call our landline number on **0239 387 6192** to speak with us about attending.

# Who are Ambition Portsmouth?

At Ambition Portsmouth we deliver open access peer-support groups with a positive and encouraging focus on providing opportunities for individual personal progression. We work with our partners in the community by identifying suitable candidates with a variety of lived experience and specialisms, who are willing and able to volunteer their time to become Service Ambassadors.

Ambition Portsmouth provides a route for people with lived experience to give something back, by supporting services, individuals and their communities. At Ambition Portsmouth we offer the perfect solution for training by developing the skills, knowledge and qualifications required for people to use their unique perspectives and insights to make a real difference in the community.

# Who are Intuitive Thinking Skills?

Intuitive Thinking Skills (ITS) has delivered accredited peer-led services for over 20 years across England, Wales and Scotland. Our specialism involves harnessing lived experience through education to address attitudinal behavioural barriers, remove stigma and achieve culture change.

We deliver independent peer-support services across many public sectors including alcohol and substance-misuse, mental health, domestic abuse, employment, homelessness, criminal justice and alternative education for young people.

# Why we are different?

- We are experts through lived experience
- We don't medicalise people's everyday problems
- We challenge negative labels and helplessness
- We pro-actively recruit those with lived experiences
- Our work is educational, fun, and easy to understand
- We promote independence and resilience

