

Arun & Chichester Women's Centre Bognor Regis



Our drop-in (opposite Bognor library) is a welcoming, women only space for any women, any age, who needs someone to listen and feel connected.

The minute you cross our threshold you will find a warm welcome, and help available.



Some of the many things we can help with:-

- General drop-in for support and advice
- Peer groups
- Help with back to work, volunteering or training
- Emotional support and counselling
- Domestic abuse specialist support
- Volunteering opportunities
- Money advice
- and much more!

We are here to help.

If you can't get to us in person, you can phone or email us.

www.mysistershouse.info

108c London Road, Bognor Regis PO21 1BD
Tel: 01243 697800 Email:office@mysistershouse.info

Arun and Chichester Women's Centre
'Inspiring women to live their potential'



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