

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
Help with back to work, volunteering or training
Domestic abuse specialist support**

**Peer groups
Emotional support and counselling
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.



Community
Interest Company
No: 9180186

www.mysistershouse.info

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