

**A Lighthouse doesn't go out and rescue ships, it stands shining and guides them safely through the storm.**



**A Professional, Welcoming of all, Family Friendly  
Domestic Abuse Centre.**

# The Lighthouse Centre

The Lighthouse Centre is a person centred approach to Domestic Abuse and will support individuals and families in their own journey through Domestic Abuse.

## Domestic Abuse Service

- Warm, family friendly, safe environment.
- Accepted as you are, no judgements.
- Your space to talk and explore options.
- Get the right support when you need it at the right time for you.

## Service Provision

- **Drop In's 8.30am-4pm Monday-Friday for anyone seeking a safe space, listening ear & practical support in relation to Domestic Abuse.**

- **My Time**

Your time to meet others, form friendships & get support.

Monday - 9am - 11am   Wednesday - 1pm-3pm

- **Mentoring Coffee Morning**

Friday - 9am-11am

- **The Leapfrog program will also be available through the Lighthouse Centre.**

Leapfrog supports children aged 5-10 years old and their mums who have experienced domestic abuse, to start on their road to recovery together.



Involve Northwest

For up to date information please look at our social media on Facebook & Instagram to see what is happening in Centre.



involwest



LIGHTHOUSECENTRE

## The Lighthouse Centre

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