

BATTLE SCARS UPDATES

Virtual services will remain as regular, ongoing services

The Zoom groups are proving popular and we're reaching people who cannot access the face-to-face groups. All virtual groups are now available to any adult living in the UK.

Click on pics for more info

Virtual adult self-harm peer support groups (UK-wide). Each group runs every 2 weeks

Monday evening 6.30-7.30 (next: 10 Aug)

Friday afternoon 1-2 (next: 14 Aug)

Tuesday morning 11.30-12.30 (next: 18 Aug)

Must register to receive invites. Can attend whichever group, whenever. Video is optional.



NEW: Zoom group for parents/family (UK)



Virtual peer support for parents/family of people of any age who self-harm (UK-wide). Group runs every 2 weeks

Next group: Tuesday 11 Aug, 6.30-7.30

Must register to receive invites. Video is optional.

Coming soon: virtual adult peer support group for people who struggle with self-harm but do not (or rarely) act on the urges

Virtual Q&A/training for professionals or volunteers on self-harm or eating disorders.

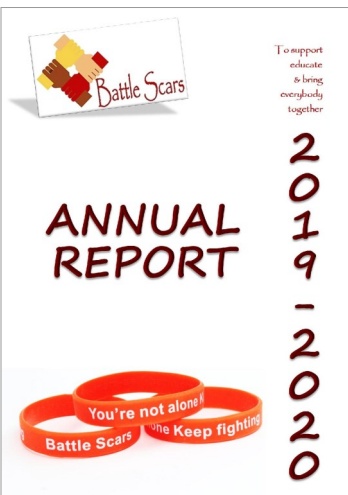
Self-harm: Tue 11 Aug, 10-12

Wed 19 Aug, 1.30-3.30

Eating disorders: Fri 4 Sept, 1.30-3.30

£20 per person (discount for bulk bookings)

All our training is delivered by survivors



Our Annual Report is now out. We will hold our AGM virtually on 27 Aug, 7-8 pm. If you'd like to join us please contact: info@battle-scars-self-harm.org.uk

Wristbands are now available to buy in junior or adult size

1 for £2.00

2 for £3.50

3 for £5.00

4 for £6.50

5 for £8.00

6 or more: please contact us

