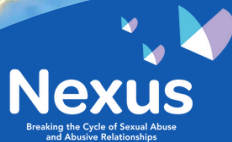


THE P.A.C.E PROGRAMME



Supporting Males Impacted by Abusive Relationships

Do you support males aged 18+ who have been impacted by one or more abusive relationships?

PEER SUPPORT GROUP SUMMER

2023:

- Starting on Tuesday 18th July
- Running for 8 consecutive weeks
- Evening sessions in Belfast

An abusive relationship can include: emotional manipulation, threats, coercive, controlling behaviour, physical violence or financial abuse from a current or former intimate partner, family member, or carer. The person may have been a child in a family home where this type of abuse took place.

What is the purpose of the Peer Support Group?

The purpose of the P.A.C.E Programme Peer Support Group is to provide a safe environment of mutual self-help and support that will enable participants to address their experiences as people with lived experience of abusive relationships.



What are the benefits?

- Improved understanding of abuse and its impact
- Improved self-esteem
- Improved ability to cope with emotions such as anger, guilt, shame & grief
- Understanding healthy relationships and boundaries

P.A.C.E is an acronym for:

- Patience – You will be met with patience.
- Acceptance – You will be accepted, respected and believed.
- Connection – You are not alone, we offer the chance to connect with others with shared lived experience.
- Empowerment – You determine your journey, we support you along the way, taking things at your own pace.

How to join:

Referrals into the P.A.C.E Programme should be made by visiting www.nexusni.org/pace and completing the referral form.

This can also be accessed by scanning the QR code below.

For assistance or further information, Nexus can be contacted via phone on 028 9032 6803.

This service is not designed or suitable for perpetrators of abuse, who should seek support from other appropriate agencies.

