



Plymouth Domestic Abuse Services

SOLAA

SOLAA (Supporting Our Loved Ones Against Abuse) is a one-day course for family and friends of people who have experienced, or are experiencing, domestic abuse.

Run by Plymouth Domestic Abuse Services in a confidential group setting, this course covers:

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- ▶ How to support victims and survivors of domestic abuse
 - ▶ The different forms of domestic abuse
 - ▶ The signs of domestic abuse
 - ▶ The impact that domestic abuse has
 - ▶ The cycle of abuse
 - ▶ Why people stay in abusive relationships

Individual cases will not be discussed, and relevant checks will be made to ensure the suitability of those wishing to attend.

For more information or to book a place, please call **0800 458 2558 (freephone)** or email **pdas@sanctuary.co.uk**