

Survivors Of Abuse S.O.B

Headquartered in the Bromley Borough, the charity Survivors of Abuse (S.O.B) supports adult survivors with resources and tools to help them with their recovery and to empower them to lead a happier, healthier and more fulfilled life following trauma in childhood through abuse whether that be emotional, physical, sexual abuse and /or neglect.



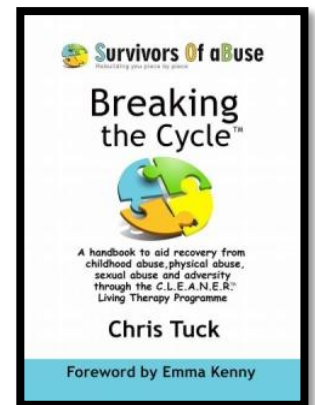
At the heart of what S.O.B provides is a powerful, effective, holistic programme designed to empower survivors. This is currently the only UK trauma-informed programme of its kind based on mindset, nutrition, fitness and stress management, developed specifically to meet the needs of survivors.

S.O.B's Breaking The Cycle™ C.L.E.A.N.E.R™ Living Therapy programme is unique. The programme works; it's highly effective and it's life changing.

"I have more clarity & motivation to carry on in making my journey to reclaiming my health and recovery to make my life happier, healthier and to become a contributing, functioning member of society."

"I have fallen in love with myself and my uniqueness. Thank you."

"I can see that I am worth it."



Over the course of eight half-day sessions that run weekly, participants learn and take away many practical tools and techniques that they can use in their everyday lives. This self-empowerment approach has been created so that survivors can take back some power and control over their lives, and improve their mental, emotional and physical health through:

- awareness and education
- a change in mind-set
- nutrition
- fitness
- de-stressing of the body and mind

The values which guide S.O.B's work are:

- Understanding the lived experience
- Creating a safe space
- Working in partnership with local partners
- Being inclusive
- Empowering individuals
- Quality of resources & tools
- Ongoing support and community
- Valuing the impact of connecting

If you would like to know more about this charity's work [visit their website](#)