

Clean Slate Service's



We have everything we need within ourselves to make the changes required to improve our lives, talking therapies enable us to discover this.

Counselling and 1-to-1 support

Individuals, confidential support for men & women 16 and over who have been victims of abuse.

- Clients can self-refer or can be referred by agencies.
- Support is currently online; however, we can offer face to face sessions if necessary.
- Short-term & Long-term support offered

Women's Support Group

Wednesdays 10am – 12pm

Weekly meetings offering confidential support, information, and strategies for positive change.

Open to all women who are experiencing abuse or who have been abused in the past. Participants share feelings, concerns, and fears with one another and learn to work on their own mental health & wellbeing as the effect of living with domestic abuse can be far reaching and affect the whole family. We work with women to find themselves, set goals for the future, access volunteering which could lead to paid work, organise family events to encourage families to learn to have fun together and to learn from each other about positive relationships.

Freedom Programme

Freedom Programme is a national Domestic Abuse Programme which aims to help women understand and make sense of the abuse they have suffered. It is a rolling programme. It is a 12-week programme, and each session are 2 hours long.

Mondays 7.30pm-9pm (online) – Starting 12th September 22

Healing the Inner Child

Discover the concept of the inner child - what it is, the effects of denying it, how to heal our inner child, and the benefits of doing so. You'll be introduced to some of the most important figures in the industry, explore case studies, and learn how to use inner child work to complete your own emotional healing journey.

Start Date: 7th September 2021
Time: 12.30pm -2pm
Venue: Bicester

Start Date: 15th September 2021
Time: 7.30pm -9pm
Venue: Online

Dealing with the Narcissist Course

There are many different types of narcissists that you may have come across in life – you may work for someone with narcissistic traits, you may be married to a narcissist. This course has been created to help you recognise narcissism, avoid emotional manipulation, deal with narcissism, and recover from narcissistic or damaging relationships.

Start Date: Thursday 15th September (10 weeks)
Time: 10am – 12.30pm
Venue: Online

To refer a client please visit our website www.cleanslate.org.uk

All courses and programmes can be booked online

Or for more information please call 01869 232461 or email outreach@cleanslate.org.uk

Registered charity No: 1197726

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