



## Referral criteria for mothers group

The person being referred/referring themselves must:

- o Be **seeking asylum or have received refugee status or leave to remain (Refugee, Humanitarian Protection or Discretionary Leave)**.
- o Have **survived torture** (or have been exposed to, and directly impacted by, the torture of a close family member); or have survived **gross human rights abuses**, which were inflicted or enabled by public officials or organised groups; or have **been trafficked**; and have a **fear of return**.
- o Fit into one of the following 3 categories:
  - o Identify as a mother to **a child under 18 months old**
  - o **Are currently pregnant (second or third trimester) and have one or more other children**
  - o **Are mother to a child over 2 years who will be in nursery or school at the time of the group** (Thursdays, 10-11.30am)
- o Be available to **commit to a weekly online psychosocial group**. The group runs online on **Thursdays, 10-11.30am\***.
- o **Live in Greater London**.
- o **Have a sufficient level of English**. Our groups are run in English due to the large mix of languages at Room to Heal and English being the language most shared between members and staff.
- o **Be aged 18 or over**.
- o Be interested in becoming **part of a community**. We believe that the mutual support available in a community is vital to trauma recovery. This means we hold regular family social gatherings, as well as other community activities and trips. All members are encouraged to participate in these activities.

\* Room to Heal will provide you with a laptop or iPad to enable you to join the online group. You will have to return the device when the group comes to an end.

If you or someone you are working with meets the above criteria, and is interested in accessing group therapy embedded in a supportive community, please [complete a referral](#).