Harbour

Harbour can provide help and practical assistance to people affected by an abusive relationship. This includes information about what support and options are available for those experiencing abuse and those who are being abusive.

They run refuges for women and children experiencing domestic abuse, offer adult and children's outreach services in the community, provide a counselling services for victims of sexual violence and run programmes for perpetrators of domestic abuse.

Working with Wearside Women in Need (WWiN) they deliver free **Ask Me Community Ambassador training** online for people who live, study, work or volunteer in North Tyneside, Northumberland or Newcastle.

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Telephone: 03000 20 25 25

Telephone note: 24 hours

Website: https://www.myharbour.org.uk/

Email: info@myharbour.org.uk

Twitter: https://twitter.com/MyHarbour/with_replies

Facebook: https://www.facebook.com/harboursupportservices

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