

# NORWOOD'S SUPPORT GROUP

## *EXODUS*

Norwood offers a group to help people adapt to changes in their lives.

We all have to deal with change at various stages of life. Sometimes it can be easy and exciting! At other times, changes are harder.

This group is for people moving away from home and away from their families soon. It is also for people who have moved out of home in the past few months.



# What will you learn by joining the **EXODUS** group?

Moving out of home is a big step.

In this group we will help you with this difficult change.

You will learn:

How to live on your own and some practical skills to help you.

How to deal with your feelings about moving out and moving on.

How to explain your feelings to other people.

How to feel good and be more confident.

How to make new friends and relationships.

So come along and meet people like you  
who also feel ready to move on and support each other.

# VENUE

Norwood  
Broadway House  
80/82 The Broadway  
Stanmore  
Middlesex  
HA7 4HB

**Time:** 3:00pm – 4.30pm

Meetings will then be every other Thursday at the same time



# HOW TO JOIN THE **EXODUS** GROUP MOVE-ON-GROUP

If you would like to join the GROUP please contact:

**David Siedermann (Social Worker)**

Telephone: 020-8559 6223

Email: [david.siedermann@norwood.org.uk](mailto:david.siedermann@norwood.org.uk)



**NORWOOD**  
CHILDREN & FAMILIES FIRST

**Patron** Her Majesty The Queen  
Registered Charity Number 1059050