

Connecting THROUGH Change



NEXT GROUP STARTING

Thursday

20 July 2023

10:00 am - 12:30 pm

A 7-week psycho-therapeutic program for women who have experienced, or are experiencing, domestic and family violence and wish to learn more about the complexities and nuances of their experiences within a safe and empowering space.

FOR REGISTRATION & ENQUIRIES

Please contact Shazya

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Redfern



TOPICS EXPLORED

This program aims to provide a comprehensive and holistic approach to understanding domestic and family violence, promoting healthy relationships, and empowering participants to prioritize their well-being and seek the necessary support.

1

A deeper understanding of domestic and family violence, including warning signs, power, and control dynamics.

2

Insights to recognize, address, and advocate for healthy relationships free from violence.

3

Exploring trauma responses and coping mechanisms

4

Building healthy relationships and boundaries

5

Nurturing self-care and well-being practices

6

Enhancing communication and assertiveness skills

7

Developing strategies for future goal setting and accessing supports

8

Cultivating resilience and post-traumatic growth