

Reclaiming my life



Reclaiming my life is a 7 week course (2.5hr per session) for women who have experienced domestic and family violence. Would you be interested in coming together in a safe, supportive, and sharing group environment to develop greater understanding and awareness? In the interest of building a safe space, registrations will not be taken after week 2 has commenced.

What may be covered in this course:

- Dynamics of abuse
- Impacts of abuse
- Building healthy relationships
- Exploring healthy boundaries and communication
- Anxiety and stress management
- Relaxation and mindfulness
- Self-care and self-discovery
- Self-awareness, respect and empowerment

**WHERE:
WHEN:**

**1 Lamington Drive, REDCLIFFE
February—April 2020 (7 week course)**

Wednesday (February 19th; 26th)

Wednesday (March 4th; 11th; 18th; 25th; 31st)

TIME:

9am—11.30am

Morning tea will be provided

COST:

\$20 for entire course (To cover resources)

CONTACT:

**To register your interest at this stage
please call 3284 3081**

(Limited spaces available. Sorry No child minding)



Australian Government
Department of Social Services