

woman's Trust

recovery from domestic abuse

January 2020

self-development workshops

West London - Woman's Trust Office

What is Domestic Abuse & What Are it's Effects?

Thursday 23rd January 2020, 10:00 to 14:00

Sometimes it's hard to know if you're in a relationship where domestic violence/abuse is happening. Domestic abuse is more than physical violence, and today we'll be looking at what that means.

Effect of Domestic Violence on Children

Thursday 30th January 2020, 10:00 to 14:00

Domestic violence can have a real and lasting impact on children; it can impact on our relationships with them and how we parent them. Today we'll be looking carefully at what these effects can be, so that we can best support them.

Letting Go of Shame

Thursday 6th February 2020, 10:00 to 14:00

Feelings of shame and guilt are very common in women affected by domestic abuse. It can be helpful to understand these feelings, and look at ways of moving towards forgiving and accepting ourselves.

*More workshops on reverse

Post-Traumatic Stress Disorder

Thursday 27th February 2020, 10:00 to 14:00

What is PTSD and what are its effects? Suffering from PTSD can include experiencing flashbacks, nightmares, panic attacks, insomnia, intrusive disturbing thoughts, and other symptoms. Understanding that you may be living with PTSD can help with the healing process. In the afternoon we will have the opportunity to try some gentle yoga exercises to help us cope with the effects of trauma- with a specialist practitioner in yoga for Trauma.

What are Healthy Relationships?

Thursday 5th March 2020, 10:00 to 14:00

No one wants to have a violent relationship, so how did this happen? More importantly, how can you spot the warning signs that it might be happening again? We'll also be looking at making boundaries and how to have healthy relationships in all areas of your life- not just romantic.

where?

Woman's Trust Office

bring your own lunch

Although there are some facilities in the area we strongly recommend you bring your own lunch to every session.

no childcare

Childcare facilities will not be available on the day. Children will not be allowed to attend the workshops.

booking is essential

Availability is limited and booking is essential. Please note that priority is given to women who haven't attended previous workshops.

travel expenses

If you are in receipt of state benefits, or have no recourse to public funds, you may be eligible for travel expenses refunds. Please mention this at time of booking.

**To reserve your place on any of these workshops,
please ring us on 020 7034 0303**

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