

# woman's Trust

recovery from domestic abuse

January – February 2020

## self-development workshops

East London (Tower Hamlets)

### Creating your Future

Wednesday 29th January 2020, 10:00 to 14:00

After experiencing domestic abuse it can be hard to find a direction and/or purpose. In this workshop, we kick start the new year by creating a vision board of images, pictures, and affirmations to get you motivated and focused on whatever you want do to or have in your life.

### Finding my Voice

Wednesday 12th February 2020, 10:00 to 14:00

Many women can feel silenced by experiences of domestic abuse. Here we will explore reconnecting with your voice which can lead to positive outcomes. Using a simple narrative we will create something unique to each woman.

# Self-Care

Wednesday 26th February 2020, 10:00 to 14:00

What does your self care look like. For many women they spend looks of time looking after other people and some neglect themselves. In this workshop you will get a better understanding of your self and learn how to improve your well-being and self confidence.

## 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 re-funds. Please mention this at time of booking.

## where?

Tower Hamlets, E1

## 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.

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

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