

woman's Trust

recovery from domestic abuse

September to October 2019

Self-Development Workshops

East London

Guilt, Shame and Self-Blame Tuesday 10th September, 10:00 to 14:00

Feelings of shame, guilt, and self-blame are very common in women affected by domestic abuse. It can be helpful to have an understanding of these feelings, including how they can be rooted in our childhood, culture and religion. We will explore how we can learn from our experiences without beating ourselves up over them. We will look at ways of moving towards accepting and forgiving ourselves.

Self-Esteem (1) Tuesday 17th September, 10:00 to 14:00

Domestic abuse can have a huge negative impact on self-esteem. In this workshop we will look at what self-esteem is, how it might be affected by abuse, and what we can do to start restoring it.

Self-Esteem (2) Tuesday 24th September, 10:00 to 14:00

In this experiential workshop we will expand our understanding of self-esteem and look at practical ways we can start to build our self-esteem.

Mourning and Honouring our Losses Tuesday 1st October 10:00 to 14:00

Domestic abuse can result in women losing friends, family, homes, children, health, peace and much more. In this workshop we'll begin to acknowledge and explore our losses with the aim of leaving some of the sadness behind us.

*More workshops on reverse

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Healthy Vs. Unhealthy Relationships Tuesday 8th October, 10:00 to 14:00

No one wants to have an abusive relationship, so how did this happen? More importantly, how can we spot the warning signs that it might be happening again? We'll be looking at why this happens, why it can continue to happen and what qualities to look out for in a loving, caring, long-term partner.

Assertiveness - What is it? Tuesday 15th October, 10:00 to 14:00

Today we will look at how you can assert yourself in a healthy way, allowing you to communicate without aggression or guilt.

where?

Stratford, London E15

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

arrive on time!

You may not be admitted if you arrive more than 15 minutes late.

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.

let us know if you can't make it

To cancel your booking, please call us as soon as possible on 0207 034 0303, so that we can offer your space to someone else. If you book but do not attend, we may not be able to book you on future workshops.

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

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