

woman's Trust

recovery from domestic abuse

Feb/March 2019

self-development workshops

East London

Boundaries & Domestic Abuse

Tuesday 26th February 2019, 10:00 to 14:00

What are boundaries? Why are boundaries important? In this workshop we will look at identifying boundaries, how boundaries are crossed and broken down in abuse, and how we can restore and defend our boundaries.

What is Domestic abuse and what are its effects?

Tuesday 5th March 2019, 10:00 to 14:00

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

The effects of stress (1)

Tuesday 12th March 2019, 10:00 to 14:00

Domestic Abuse creates enormous stress which can lead to anxiety and panic. Today, we'll be looking at how stress affects us and ways in which you can take control of your stress, reduce anxiety and deal with panic.

*More workshops on reverse

The effects of Stress (2)

Tuesday 19th March 2019, 10:00 to 14:00

In this experiential workshop we will further explore our responses to feeling stressed and look at practical ways in which we can manage and relieve our felt sense of being stressed.

Depression and suicidal feelings

Tuesday 26th March 2019, 10:00 to 14:00

Many women affected by domestic abuse suffer from feelings of depression and for some, this leads to suicidal thoughts as a way of escaping from what sometimes seems overwhelming and unbearable.

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

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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