

woman's Trust

recovery from domestic abuse

January to March 2019

Self-Development Workshops

West London

What is Domestic Abuse and What Are its Effects?

Thursday 10th January 2019, 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 17th January 2019, 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.

Post-Traumatic Stress Disorder

Thursday 24th January 2019, 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.

*More workshops on reverse

Letting Go of Shame

Thursday 31st January 2019, 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.

Depression and Suicidal Feelings

Thursday 7th February 2019, 10:00 to 14:00

Many women affected by DV suffer from feelings of depression, and can sometimes feel their only escape is through suicide. We will explore how to be more compassionate and caring to ourselves, when we might be living with depression or suicidal feelings and how to find appropriate support.

Dealing with Our Emotions: Grief and Anger

Thursday 14th February 2019, 10:00 to 14:00

Sometimes our emotions can be so overwhelming that making sense of them feels almost impossible. In this workshop we will be looking at what these emotions are all about and how to place them into a wider context. Hopefully, in this way, you will find your own way to make sense of them when they are triggered.

Eating Disorders and Addictive or Compulsive Behavior

Thursday 28th February 2019, 10:00 to 14:00

In this workshop we will look at eating disorders and other addictive behaviours, including their link to the experience of domestic violence and abuse. By increasing your awareness, you will be able to understand yourself better.

Anxiety and Stress

Thursday 7th March 2019, 10:00 to 14:00

Living with domestic abuse and its long term effects and daily struggles, including ongoing court cases, child contact issues etc. is extremely stressful. In this workshop we will look at what stress is, how it can affect us emotionally and physically, and look at tools to help us cope.

Loss of Sense of Self and Identity

Thursday 14th March 2019, 10:00 to 14:00

Women affected by domestic abuse can be controlled, bullied, and manipulated by the perpetrator that they end up feeling as if they have lost their sense of self and their identity. In this workshop we will explore and gain insights into this process, and look at ways to strengthen our sense of self.

Self-Respect and Boundaries

Thursday 21st March 2019, 10:00 to 14:00

What does self-respect look like? The focus of this workshop is on learning about valuing and being kind to yourself as a woman affected by domestic abuse. Together we will explore the impact of domestic violence/abuse on self-esteem and confidence.

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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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charity number 1143513



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