

woman's Trust

recovery from domestic abuse

May to July 2019

Self-Development Workshops

East London

The effects of domestic abuse on children

Tuesday 14th May 2019. 10:00 to 14:00

Domestic abuse has a real and lasting impact on children, even if we believe that they don't know that there is abuse in their home. Today we'll be looking carefully at what these effects can be so that we can best support our children.

Strengthening relationships with children following domestic abuse

Tuesday 21st May, 10:00 to 14:00

Domestic abuse can have a huge impact on our relationship with our children and our ability to be the parents we would like to be. In this workshop we will look at ways in which we can help meet the needs of our children, and identify practical steps we can take to strengthen and maintain mother/child relationships going forward.

Loss of sense of self & identity

Tuesday 4th June 2019. 10:00 to 14:00

Many women experience a loss of identity and a feeling of no longer knowing who they are after experiencing domestic abuse. This can be confusing and frightening. In this workshop we will explore how this happens and look at ways in which that sense of self and identity can begin to be restored.

Assertiveness - What is it?

Tuesday 11th June. 2019, 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.

Anger (1)

Tuesday 18th June . 2019 10:00 to 14:00

Are you afraid of your anger? Have you always thought it is “wrong” to be angry? Do you believe that you never feel anger? In this workshop we will explore our attitudes to anger, what it is and what its effects are, beginning to understand this powerful emotion.

Anger (2)

Tuesday 25th June 2019, 10:00 to 14:00

In this experiential workshop we will explore recognizing, acknowledging and working with our anger.

*“These few hours have done more
for my self-belief than anything else
I can think of.”*

Domestic abuse and Post-Traumatic Stress Disorder

Tuesday 2nd July 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, amongst other symptoms. Understanding that you may be living with PTSD can help with the healing process.

Moving forward from abuse: Recovery

Tuesday 9th July 2019, 10:00 to 14:00

Domestic abuse can impact every area of a woman's life: physical, psychological, emotional, social, financial, spiritual. When the abuse has ended, how can we recover from its effects, start to rebuild our lives and ourselves, and move forward positively? In this workshop, we will look at practical ways in which we can start to take that journey and build a life that we want to live.

“These workshops help consolidate my experience in my mind, help me think over things in my head and help me work through my emotions and experiences. The approach was very grounded, down to earth and so very supportive.”

“The workshops helped me to feel empowered that I could do something to take charge of my situation.”

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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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