

# woman's Trust

recovery from domestic abuse

September to November 2019

## Self-Development Workshops

West London

### **What is Domestic Abuse and what are its Effects?**

Thursday 12th September 2019, 10:00 to 14:00

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

### **Effects of Domestic Abuse on Children**

Thursday 19th September 2019, 10:00 to 14:00

Domestic abuse 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 our children.

### **Finding our Identity after Domestic Abuse**

Thursday 26th September 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.

\*More workshops on reverse

## **What are Healthy Relationships?**

Thursday 3rd October 2019, 10:00 to 14:00

No one wants to have a violent relationship, so how did this happen? More importantly, how can you 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.

## **Healing from Post-Traumatic Stress Disorder**

Thursday 7th November 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.

## **Letting Go of Shame**

Thursday 14th November 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.

## Coping with Anxiety and Stress

Thursday 21st November 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 find tools to help us cope.

## Looking to the Future - Confidence Building and Voluntary Work



volunteer centre  
kensington & chelsea

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

Looking at ways we can re-build our confidence, with guidance on getting back to work via volunteering with the Kensington & Chelsea volunteer centre.

*“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?

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.

### 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**

Woman's Trust, PO Box 70420, London, NW1W 7QL

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