

woman's Trust

recovery from domestic abuse

March 2020

self-development workshops

East London (Tower Hamlets)

Understanding Boundaries

Wednesday 11th March 2020, 10:00 to 14:00

Boundaries are often violated in abusive relationships. When we live or interact with a person who violates our boundaries, we begin to lose sight of what appropriate boundaries are.

In this workshop you will explore the concept of appropriate and good boundaries. Understand the impact of blurred boundaries and Identify new ways to begin building good boundaries.

Assertiveness

Wednesday 25th March 2020, 10:00 to 14:00

As women we are often encouraged to nurture and please at the expense of ignoring our own needs.

Continued overleaf

It can be difficult to be assertive if we have had little modelling and minimal practice at it.

Women traditionally have not been taught that assertiveness is a good thing. Instead, they may have been encouraged to ignore what they want and need, or hope that someone else will guess what they want and need.

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.

where?

Tower Hamlets, E1

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.

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

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charity number 1143513