

woman's Trust

recovery from domestic abuse

September /October 2018

self-development workshops

East London

#1 Domestic Abuse and effects on Children

Tuesday 25th Sept. 2018, 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 may be so that we can best support them.

#2 Strengthening relationships with children after domestic abuse

Tuesday 2nd October. 2018, 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.

#3 Anger (1)

Tuesday 9th October. 2018 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; its effects and begin to understand this powerful emotion.

*More workshops on reverse

#4 Anger (2)

Tuesday 16th October 2018, 10:00 to 14:00

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

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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charity number 1143513

