

October—December 2018

Self-Development Workshops

East London

Post- traumatic stress disorder Tues 30th October 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.

Guilt, shame and self-blame Tues 6th November 10:00 to 14:00

Feelings of shame, guilt, and self-blame, are very common in women affected by domestic abuse. It can be helpful to have an understanding of these feelings, including how they can be rooted in our childhood, culture and religion. We will explore how we can learn from our experiences without beating ourselves up over them. We will look at ways of moving towards accepting and forgiving ourselves.

Mourning and honouring our losses Tues 13th November 10:00 to 14:00

Domestic abuse can result in women losing friends, family, homes, children, health, peace and much more. In this workshop we'll begin to acknowledge and explore our losses with the aim of leaving some of the sadness behind us.

Self-esteem (1) Tues 20th November 2018, 10:00 to 14:00

Domestic abuse can have a huge negative impact on self-esteem. In this workshop we will look at what self-esteem is; how it might be affected by abuse; and what we can do to start restoring our self- esteem.

*More workshops on reverse

Self-esteem(2) Tues 27th November, 10:00 to 14:00

In this experiential workshop we will expand our understanding of self-esteem and look at practical ways we can start to build our self-esteem.

Moving forward from abuse: Recovery Tues 4th December, 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 the effects of the abuse and 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.

Healthy Vs Unhealthy Relationships Tues 11 December, 10:00 to 14:00

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

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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