

November 2018

Self-Development Workshops

West London

What is Domestic Abuse and what are its effects?

Thursday 8th November 2018,, 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.

Loss of a sense of self and identity

15th November 2018, 10:00 to 14:00

Many women affected by domestic violence/abuse are so controlled, bullied, and manipulated by the perpetrator that they end up feeling as if they lost their sense of self and their identity. In this workshop we will explore and gain insights into this process. We will also look at ways to strengthen our sense of self again.

Unhealthy Relationships vs Healthy Relationships and Boundaries

22nd November 2018, 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.

*More workshops on reverse

Looking to the Future - Confidence building and voluntary work

Thursday 29th November 2018, 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 K&C volunteer bureau.

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

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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