



September to October 2018

self-development workshops

West London

For women living in Kensington & Chelsea, Westminster and Hammersmith & Fulham

Letting go of shame

Thursday 13th Sept. 2018, 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.

Re-building low self esteem

Thursday 20th Sept. 2018, 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 27th Sept. 2018, 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 and how it can affect us emotionally and physically, and look at tools to help us cope.

*More workshops on reverse

Coping with depression and suicidal feelings

Thursday 04th Oct. 2018, 10:00 to 14:00

Many women affected by DV suffer from feelings of depression, and can sometimes feel their only escape is through suicide. We will explore how to be more compassionate to and caring for ourselves when living with depression and suicidal feelings and how to find appropriate support.

Eating disorder and addictive / compulsive behaviour

Thursday 11th Oct. 2018, 10:00 to 14:00

In this workshop we will look at eating disorders and other addictive behaviours including their link to the experience of domestic abuse and trauma.

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**

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

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charity number 1143513