

woman's Trust

recovery from domestic abuse

February– March 2020

self-development workshops

East London

Domestic Abuse & its Effects on Children

Tuesday 4th February 2020, 10:00 to 14:00

Domestic abuse has a real and lasting impact on children, even if we believe that they don't know 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.

Strengthening Relationships with Children after Domestic Abuse

Tuesday 11th February 2020, 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.

Anger (1)

Tuesday 25th February 2020, 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 we will begin to understand this powerful emotion.

Anger (2)

Tuesday 3rd March 2020, 10:00 to 14:00

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

*More workshops on reverse

Moving Forward from Abuse: Recovery

Tuesday 10th March, 2020, 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.

What is Domestic Abuse & What Are its Effects?

Tuesday 17th March 2020, 10:00 to 14:00

Sometimes it's difficult to realise that you're in a relationship where domestic violence/abuse is happening. Domestic violence/abuse is more than physical violence and today we'll be looking at what that means.

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**

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

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