

LVRU Maia & LIFT Programme 2023

Aged 19-25 years old

These workshops will run on Tuesday's from 10am-12pm
(offered via Zoom only)

**For clients living in the boroughs of Camden, Hackney, Islington,
Newham, Tower Hamlets and Westminster.**

When?

The programme will consist of a block of 9 sessions which run for 2 hours each week.

where?

Over Zoom. It is important to have a quiet, confidential space.

It will be a closed group with a maximum of 25 participants

Workshop Ground Rules

The workshops are interactive, and we strongly encourage participants to have their cameras switched on throughout the session.

When you attend the session, we ask that you do so in a comfortable, sitting position with your screen in front of you so that you can see all members of the group. Please ensure you are dressed as if you were attending an in-person meeting with your support worker.

If you need any additional support to join the session or adhere to these ground rules, please speak with your Advance Young Women & Girls Mentor Advocate who is able to liaise with our session facilitator.

**Our services are all humanistic/person-centred and abide by the
BACP ethical framework 2018**

9 sessions, 2 hours each

Tuesday 5th September 2023 – Tuesday 7th November 2023

10:00am – 12:00pm

Understanding abuse and trauma

Tuesday 5th September 2023

In this session we will look at different types of abuse, and understand the impact they have on us- including the symptoms of PTSD.

Understanding and managing my emotions

Tuesday 12th September 2023

Here we explore some frequently experienced emotions arising from the experience of domestic abuse and think about how we can safely manage and express them.

Mindfulness and relaxation techniques

Tuesday 19th September 2023

Here we explore ways in which we can enhance our physical and mental wellbeing through the use of some simple mindfulness exercises and techniques.

Self-care and self-compassion

Tuesday 26th September 2023

What is self-care and why is it important? Here we explore ways in which we can practice self-care and compassion and learn to be a positive support to ourselves.

Looking at my body image

Tuesday 3rd October 2023

It is normal to struggle with our body image, especially after abuse. We will look at how we can start to develop a healthy, loving and accepting relationship with our body.

Exploring my sexuality

Tuesday 10th October 2023

In this session we will look at how we can get to know, understand and accept ourselves and our sexuality without shame or judgement

Building healthy relationships

Tuesday 17th October 2023

Here we explore healthy Vs unhealthy relationships. What does a healthy relationship look like and how do we contribute to building it?

Expressing my needs

Tuesday 31st October 2023

In this session we will explore how to identify and express our needs, and how can we be assertive when other people don't respect our needs.

My vision, my future

Tuesday 7th November 2023

In this last session we will think about what we want, and what our hopes and dreams are. We will think about how we can set goals for ourselves to move forward – recapping our learning and asking “what next?” after today.