

woman's Trust

recovery from domestic abuse

16th January –20th March 2025

Self-Development Workshops for Young Women aged 18-25 years

Thursdays between 2.30pm - 4pm, ONLINE via Zoom

A SPACE TO INSPIRE

CREATIVITY, REFLECTION and HEALING



*For young women who self-identify as being at risk of
domestic abuse, or have previously experienced
domestic abuse at home and/or in intimate relationships*

*As part of the Maia & Lift programme, funded by the London Violence
Reduction Unit*

Details of programme overleaf

To get the most out of these workshops, please do try and attend all of them

Details of the programme (2.30pm- 4pm, ONLINE via Zoom):

16th January:

All About Me! Exploring my Identity

23rd January:

What is Within? Exploring Thoughts, Feelings & Behaviours

30th January:

Building Bridges: Trust & Resilience

6th February:

Real Talk! Navigating the impact of abuse & trauma together

13th February:

Empowerment through Awareness. Red Flags vs Healthy Relationships

27th February:

My Comfort Zone! Defining Boundaries & Self-care

6th March:

Doing Me! My Body & Sexuality

13th March:

My Journey, My Future! Embracing Change & Possibility

20th March:

Rising Strong! Celebrating Growth & Moving Forward

If you are an organisation referring on behalf of the young woman, please email the completed referral form to office@womanstrust.org.uk.

If you are self-referring, please email us stating your name, telephone number, and that you would like to register for the above workshops, or call us on 020 7034 0303