

Healthy Relationships Workshop

For young women aged 16-25 years, at risk of or who have been in abusive or unhealthy relationships.

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

ARE YOU...

- Feeling unsure about what a healthy relationship looks like
- Navigating dating, friendships or family dynamics
- Concerned about control, pressure or communication issues

PURPOSE

- Explore what makes relationships respectful, equal, and healthy
- Learn to recognise red flags
- Promote self-awareness in relationships
- Build skills in emotional safety and boundaries

...Closest tube Whitechapel

WHAT TO EXPECT

- A one-off 2 hour session with a Woman's Trust groupworker
- Safe, inclusive and judgment-free environment
- Interactive discussion
- Creative activities
- A chance to meet others with similar experiences to you
- Refreshments

FOR YOUR DIARY
Wednesday 27th August
2-4pm

If you'd like to be involved, please email
office@womanstrust.org.uk

