

# 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](mailto:office@womanstrust.org.uk)

