



SELF-DEVELOPMENT WORKSHOPS

For young women aged 16-25 years who have
experience of unhealthy relationships

A space to inspire creativity, reflection and healing

Available as online group sessions
on Zoom 6 - 8pm

Every Wednesday from 19 Nov to 28 Jan



WORKSHOP TOPICS

All about me: exploring my identity

What's within? Exploring thoughts, feelings and behaviours

Building bridges: trust and resilience

Real talk: navigating the impact of abuse and trauma

Empowerment through awareness: red flags vs healthy relationships

My comfort zone: defining boundaries and self-care

Me, myself and my body

My Journey, my future: embracing change and possibility

Rising strong: celebrating growth and moving forward

Part of the Maia and Lift Programme, funded
by the London Violence Reduction Unit

**woman's
Trust**
recovery from domestic abuse