

Women's Healing Circle

A free 4wk Support Program for Women who have lived with or are living with violence



SESSION DETAILS

Each Thursday for 4 weeks
10am to 1 pm

27th February
5, 12, 19th March 2020

VENUE:

Central West Women's
Health Centre
20 William Street
Bathurst

FACILITATORS:

Antonia Ravesi
Maureen Wilson

TO REGISTER OR FOR ANY QUESTIONS

Contact: Maureen Wilson to
arrange a confidential
pre- group Interview
T: 6331 4133
E: mwilson@cwwhc.org.au

CHILDCARE

For childcare please call us
Catering generously provided
by CWA
Supported with funding from
NSW Ministry of Health

Recognising that you may be living in an abusive relationship takes courage..
You don't need to do this alone..

Beyond the Violence: Women's Healing Circle is a **FREE** non-judgemental 4-week program for **women** who have experienced or, are experiencing:

- family violence
- intimate partner violence
- emotional abuse
- sexual abuse
- social isolation
- religious violence
- physical violence
- financial abuse

In a supportive environment, we will explore:

- Types of family violence
- Myths and facts about family violence
- How power and control is used in abusive relationships
- The Cycle of Violence
- ADVOs and safety planning
- Recognising unhelpful relationships and the warning signs
- The impact of family violence on you and your children
- Making informed choices and regaining control
- **Finding help and support**

Morning Tea and Lunch provided