



# Women: Strength & Safety

- *Do you sometimes feel like you are walking on eggshells?*
- *Are you confused by your partner or ex-partner's behaviour towards you, and think it might be abusive?*

**When:** Tuesday, 1:30pm – 4:00pm

August 22, 29 September 5, 12, 19 & 26

**Where:** Gawler Community House  
2 Scheibener Terrace  
Gawler, SA, 5118

Australia

**Cost:** FREE – bookings essential

*Children can't be present at this course.*

Join us for a 6-week support group in a confidential and safe space.

- ☆How to reconnect with our personal strengths
- ☆The effects of abusive or hurtful relationships
- ☆The green and red flags for relationships
- ☆How to manage overwhelming emotions
- ☆How to manage grief and loss
- ☆Women's role in the family and society

Register by calling Centacare on 08 8215 6700 or emailing your details to:  
[registrations@centacare.org.au](mailto:registrations@centacare.org.au)

