



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?*
- *Do you feel alone or uncertain about what to do?*

When: Monday, 10:00am – 12:30pm

Nov 7, 14, 21, 28 Dec 5, 12

Where: Gilles Plains – address will be provided upon registration

Cost: FREE – bookings essential

*Children can't be present at this course.
No crèche available.*

Join us for a 6-week support group in a confidential and safe space.
Together we will explore:

- ☆ 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
- ☆ Developing strategies for personal safety

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