

SHARK CAGE



The Shark Cage © Program is a FREE 6 week supportive and informative group for women who have experienced abusive or controlling relationships

TOPICS COVERED:

- Healthy and Unhealth relationships
- Boundary setting
- Assertive communication
- The impact of domestic and family violence
- Human Rights
- Self-worth and your emotions

To register



**Please note: Pre-interview required
before commencement**

Dates: Tuesdays 19th August - 23rd September

Time: 10- 12:00pm

Location: Bruce Street Community Hall, 22 Bruce Street,
East Maitland

Childcare and morning tea provided