

# 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**

**Mondays 10am - 12:30pm 3<sup>rd</sup> November -  
8<sup>th</sup> December**

**284 Maitland Road, Cessnock**

**Childcare and morning tea provided**

