

SHARK CAGE



The Shark Cage © Program is a FREE 7 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

Wednesdays 10am - 12:30pm 18th February - 1st April
East Maitland
Childcare and morning tea provided