

After the Storm

A 6 week self-empowerment program for women who have left an abusive relationship

What the program offers:

Connection in a safe and supportive environment with a group who can relate to your experience

Practical Information about the legal system, family mediation and financial support

Learning about the dynamics of abuse and strategies for self-care

Tools to help reduce stress, to identify and reinforce hidden strengths

Ways to help reclaim healthy relationships

Where? Inner West Location

Next Program starts Thursday 6th August 2020 daytime.

Who is eligible?

Women over 18 years whom have been separated from an abusive partner

How can I find out more?

Call Burwood Community Welfare Services Inc. on **9744 1866**

Leave your name and telephone number and best times to return your call

Email your enquiry to: atsbcw@gmail.com

Txt: 0420 386 841