

Women are strong...

Women do survive.



A Group for Women in the Southern Suburbs:

Do you sometimes feel like you are walking on egg shells?

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 what to do?

Join us in an 8 week support group for women starting on:

**Friday 3 August 2018 at 10am to 12.30pm
in the Aldinga area**

(address provided on registration)

This group is offered throughout each school-term of the year and will provide a confidential and safe space where we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety



ANGLICARE SA



**SOUTHERN ADELAIDE
domestic violence
SERVICE**



A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services
These services are all members of the OCA (Onkaparinga Collaborative Approach)

To register or for more information please contact us on 8215 6310