

# 'My Life'

A **FREE** 11 week course for female victims of domestic abuse.

## The course looks at:

- The consequences and effects of abuse
- Helping to overcome feelings of isolation
  - Helping to overcome low self esteem
- Understanding what abuse is and why women stay in abusive relationships.

Women who have attended the programme have said it has helped them:

- To acknowledge the reality of the abusive relationship they are, or have been in.
  - To feel supported and less isolated.
- To feel stronger and more confident in making choices and decisions about their future.
  - To recognise and express their true feelings.

Free Creche available, but places **MUST** be booked in advance.



The course will be delivered by experienced facilitators from the Watford Womens Centre.

Starts Thursday 5th May, 9.30-11.30am

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Hobletts Manor School, Adeyfield Road, Hemel Hempstead HP2 5JS.

To book a place or to speak confidentially about this course, please call or text Nicola on 426727 / 07538 600323 or email: [psw.linkdacorum@hertsexterndedschools.org.uk](mailto:psw.linkdacorum@hertsexterndedschools.org.uk)

Places are limited so please call **ASAP**.



Together We Learn