

DOMESTIC ABUSE AWARENESS GROUP

Women's

AID

North Ayrshire

North Ayrshire
Women's Aid
17 Vernon Street
Saltcoats
KA215HE

WELCOME

Welcome to North Ayrshire Women's Aid Domestic Abuse Awareness Group

Our hope is that you benefit from this group on your road to recovery. This group workshop is designed to assist you in your journey and empower you as a woman.

Group information

- ◇ Small group
- ◇ Friendly and informal
- ◇ Relaxed environment
- ◇ Female only service
- ◇ Professional agency talks
- ◇ Tea/coffee & biscuits provided



GROUP SESSIONS



Our group sessions
run weekly for 6 weeks

The topics we will cover:

- ◇ Healthy/Unhealthy Relationships
- ◇ Self-esteem and Assertiveness
- ◇ Perpetrator Behaviours and Indicators
- ◇ Negative Effects on Women in the Media
- ◇ Moving Forward, Not Back
- ◇ Acceptance & Embracing your Future

We look forward to seeing you there!



For more information, please call us on 01294 602424
For days, times and location, ask your NAWA worker