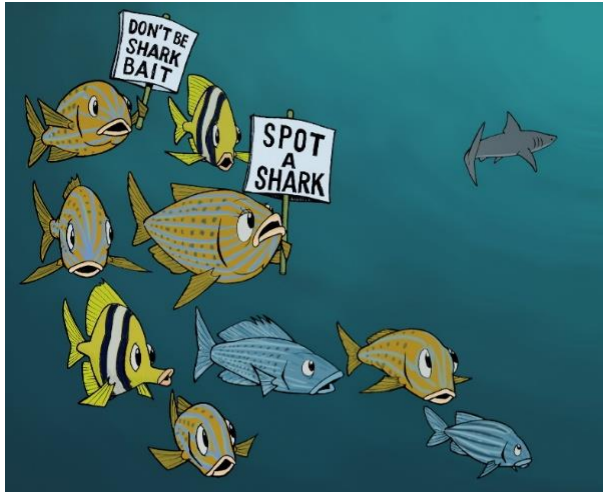


Hunter Women's Centre and Family Support Newcastle invite you to
A FREE 7-week group for women who have experienced controlling and violent relationships

Shark Cages and Other Fishy Business

Adapted from the Shark Cage® Model developed by Ursula Benstead



Thursdays for 7 weeks,
17th Feb to 31st March, 2022
10.00am – 1.00pm
at
Hunter Women's Centre
60 Industrial Drive (Cnr Avon St),
Mayfield 2304

Discussions include:

- What supports violence in our society?
- Connecting with your wisdom, strengths and early warning systems
- Identifying, valuing and respecting boundaries
- Fine-tuning awareness and ways to respond
- Practicing self-care, kindness and creativity

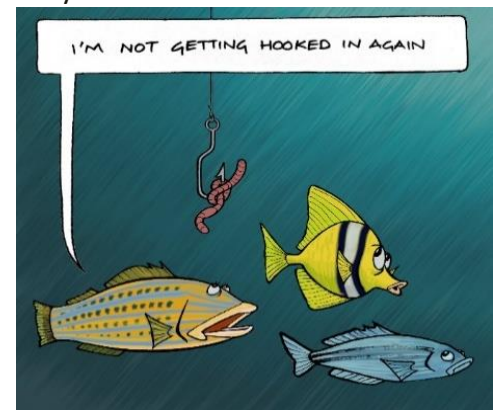
Free children's activities and morning tea are provided

NOTE: We comply with the relevant health requirements for COVID

Bookings are **ESSENTIAL**.

To reserve your place, please call:

Hunter Women's Centre on **4968 2511**



What others have said:

"I wanted skills to help move forward. It helped massively."

"I will find someone who respects my rights, I'm not going back to someone who doesn't."

"Everything we've done is positive, I've looked forward to coming"

"It gave me hope, that's why I came to the group."