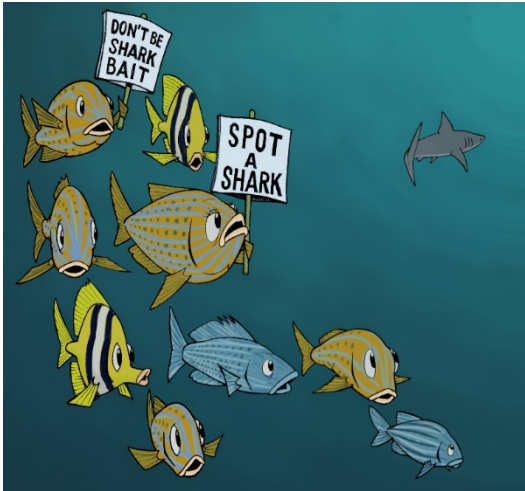


Maitland Family Support Scheme and Family Support Newcastle invite you to
A FREE 7 week group for women who have experienced controlling and violent relationships

Shark Cages and Other Fishy Business

Adapted from the Shark Cage® Model developed by Ursula Benstead



Thursdays for 7 weeks,
13th Feb to 26th March, 2020
10.00am - 1.00pm
at
Woodberry Family Centre,
11-13 Lawson Street
Opposite Francis Greenway High School,
Woodberry, 2322

Discussions include:

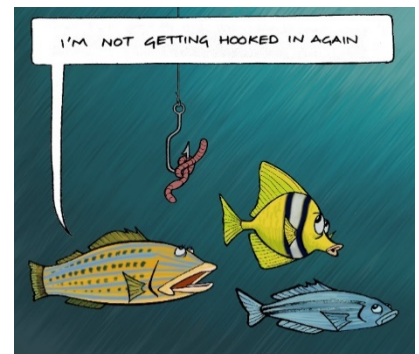
- What supports violence in our society?
- Connecting with your wisdom, strengths and early warning systems
- Identifying, valuing and respecting boundaries
- Fine-tuning awareness and ways to respond
- Practicing self-care, kindness and creativity

Free children's activities and morning tea are provided

Bookings are **ESSENTIAL**.

To reserve your place, please call:

Maitland Family Support Scheme: 4914 0444



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."