

Making Choices



For Women

Making Choices is a group for women who are living in, or have lived in an abusive relationship.

Making Choices assists women to explore issues such as:

- Creating Self-Esteem
- The Cycle of Violence
- Making Informed Choices

Women are helped to learn new behaviours which will assist them to recognise healthy and unhealthy relationship patterns.



Topics

- Self Esteem
- Feelings
- Parenting
- Self-care
- Trauma
- Communication
- Assertiveness
- Change

Where: Family Life, 197 Bluff Road Sandringham Victoria 3191

Time: 10.00 am to 12.00 pm

Dates: Wednesdays starting 5 May 2010 to 23 June 2010

Cost: No cost, contributions welcome

For further information please contact Dianne G or Kathy Y at
Family Life on 8599 5433
www.familylife.com.au