



Shark Cage

The Shark Cage® Group Program is a FREE 8 week supportive and informative group for women who have experienced abusive or controlling relationships

- ◆ Increase your knowledge of healthy and unhealthy relationships
- ◆ Increase your capacity to set boundaries
- ◆ Increase your skills in assertive communication
- ◆ Understand the impacts of your experience
- ◆ Decrease self blame
- ◆ Learn to care for and be kind to yourself
- ◆ Connect with and understand your feelings
- ◆ Increase feelings of self worth
- ◆ Understand your human rights
- ◆ Learn ways to recognise a potentially abusive or exploitative person

To find out if this is the right program for you please contact Maitland Family Support on **49 140 444**

(Pre-group interview required to assess eligibility)

Dates: Tuesdays starting 13th February 2024 - 2nd April 2024

Time: 10:00am to 12:30pm

Location: Maitland Family Support 11—13 Lawson Avenue Woodberry

(Light refreshments for morning tea provided)

Limited childcare is available

