

journeys... a group for women

A free, confidential **eight week group program** for women who have experienced violence and/or other forms of abuse in their intimate relationships. This group will be facilitated by two counsellors and will combine therapeutic and educational components.

The group will address such issues as:

- the impact of violence and abuse on women and children
- safety for both women and children
- personal strengths and resourcefulness.

The group will encourage women to:

- look after their physical and emotional well being
- explore their thoughts and feelings
- rebuild their confidence and self esteem
- build positive and supportive relationships with others
- gain information that will allow them to make informed choices and regain control over their lives.

Wednesdays - starting 22nd July 2015

10am to noon

Nundah Neighbourhood Centre

14 Station Street, Nundah Q 4012

For more information and/or to register contact the Nundah Neighbourhood Centre on 3260 6820
(child minding will be provided if requested in advance)

**Brisbane Domestic
Violence Service**

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