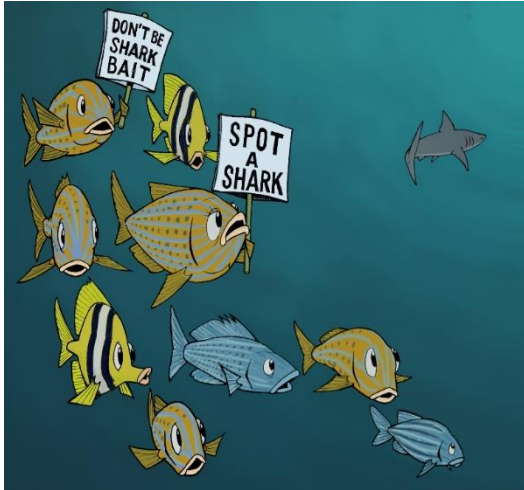


Hunter Women's Centre and Family Support Newcastle invite you to
A FREE 7 week group for women who have experienced controlling and violent relationships

Shark Cages and Other Fishy Business

Adapted from the Shark Cage® Model developed by Ursula Benstead



**Fridays for 7 weeks,
9th Aug to 20th Sept, 2019.**

10.00am – 1.00pm

at

**Family Support Newcastle
Joy Cummings Centre**

Corner of Pacific St and Scott St Newcastle.
At the last stop of the tram-line (Newcastle Beach).

Discussions include:

What supports violence in our society?

Connecting with your wisdom, strengths and early warning systems

Identifying, valuing and respecting boundaries

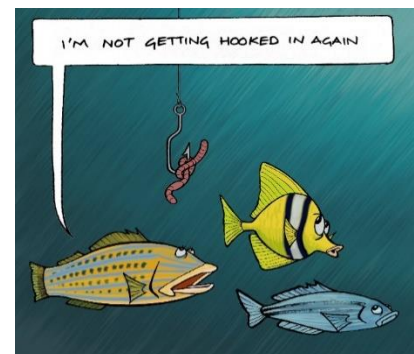
Fine-tuning awareness and ways to respond

Practicing self-care, kindness and creativity

Free children's activities and morning tea are provided

Bookings are **ESSENTIAL**.

To reserve your place, please call
Hunter Women's Centre on 4968 251



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."