



The Shark Cage

The Shark Cage® Group Program is an 8 week trauma informed group designed to heal and empower women who have experienced abuse such as family violence or sexual assault.

Practical tools are used to help women:

- ◆ Increase knowledge of healthy and unhealthy relationships and the capacity to set boundaries
- ◆ Increase skills in assertive communication
- ◆ Increase awareness of the impacts of abuse and decrease feelings of self-blame
- ◆ Increase the ability to self-care, connect to their feelings and increase their sense of self-worth
- ◆ Increase the belief in entitlement to rights and the ability to recognize a potentially abusive person

Bookings essential, please phone 4016 0550 to book an intake appointment.

(Pre-group phone interview required)

Cost: FREE (Childcare available)

Dates: Tuesdays, 25th July, 1st August, 8th August, 15th August, 22nd August, 29th August, 5th September and 12th September

Time: 10am to 12pm

Venue: Tilligery Family Network Mallbula Hall Lemon Tree Passage Road Mallabula NSW

