

**Women are strong...**

**Women do survive.**



## **A Group for Women in the Southern Suburbs:**

**Do you sometimes feel like you are walking on egg shells?**

**Are you confused by your partner or ex-partner's behaviour towards you, and think it might be abusive?**

**Do you feel alone, or uncertain what to do?**

**Join us in an 8 week support group for women starting on:**

**Thursday 7 February 2019 at 10am to 12.30pm  
in the O'Sullivan's Beach area**

**(address provided on registration)**

This group is offered throughout each school-term of the year and will provide a confidential and safe space where we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety



A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services  
These services are all members of the OCA (Onkaparinga Collaborative Approach)

**To register or for more information please contact us on 8215 6310**