

## The Shark Cage® group



### A free 9 week assertiveness and self-confidence building course using a human rights approach for women who have experienced abusive or controlling relationships and/or sexual abuse.

Sometimes women feel they must be attracting abuse if they have had relationships that are controlling, violent or abusive, particularly if this has happened to them more than once. This isn't true. There are lots of dangerous Sharks out there.

Sometimes it is not possible to avoid being bitten by a Shark, but having a good Shark Cage® can help you to recognise and swim away from sharks before they become part of your life.

This group will help you build a strong Shark Cage® of human rights. You will also explore how to recognise respectful Dolphins and identify characteristics of healthy relationships and build a Treasure Chest® of tools to help you heal on your journey of recovery.

This group includes education about human rights, the impact of trauma, self-confidence building, boundary setting and assertiveness skills. It aims to help women feel empowered to heal and build a strong positive sense of self.

**The group is free to attend and will be held in O' Sullivan Beach on a Tuesday from 12pm until 2.30pm from 4th May 2021 for 9 weeks. Limited crèche spaces available.**

To find out if this is the right program for you please contact Nicky Tanner at AnglicareSA on 0409 858 992 or email: [ntanner@anglicaresa.com.au](mailto:ntanner@anglicaresa.com.au)

