



CAREing Connections

Women Supporting Women, Recovering from Family Violence

A weekly peer support group providing women a safe, relaxed space to connect, check in and discuss topics of resilience and wellbeing over a cup of tea.

This ongoing group is for women on the road to recovery.

Topics to be explored include:

- Self-Care
- Healing
- Family relationships
- Healthy/Unhealthy relationships
- Boundaries
- Anger

This group is guided by the participants with plenty of room for flexibility.

Time: Wednesdays 12-2pm
(Groups will run during term time, starting week 2 of each term.)

Venue: Doncare, Doncaster

Participation is free, refreshments are provided.

Women will have a brief talk to a group facilitator prior to attending the group.

To find out more contact group facilitators:

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