

## From Strength To Strength Group



A free 8 week group for women who have experienced relationship trauma in the past and now want to:

- Increase their personal growth and build resilience
- Improve their conflict management and assertiveness skills
- Develop healthy coping skills and make positive choices
- Have healthier future relationships
- Make hopes and dreams become reality through goal planning
- Live a happier and more fulfilling life

**The group will be held in the Hackham area on Thursdays  
between 12.30 - 2.30pm starting 22 October 2020**

To find out if this is the right program for you please contact Nicky at AnglicareSA on  
8186 8900 or email: [ntanner@anglicaresa.com.au](mailto:ntanner@anglicaresa.com.au)