

The Shark Cage® Group



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An 8 week supportive group for women who have experienced domestic violence 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 more than once in their lives. This isn't true. There are just 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 recognize 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 recognize respectful "dolphins" and identify characteristics of healthy relationships.
- 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 Christies Beach on
Tuesdays between 12pm and 2.30pm in Term 1 2019.

A small free crèche will be provided on a first come, first served basis.

To find out if this is the right programme for you please contact Nicky at AnglicareSA on 8186 8900