

Beyond Abuse



**BOOKINGS
ESSENTIAL**

ANG4501

This program provides a safe place where women can share their experiences of domestic violence. It offers:

- support and education about the cycle of violence
- strategies to challenge the effects of abuse
- tips on building self-esteem combined with the learning, helps develop a new awareness for future healthy relationships.

Anglicare group programs are funded through sources including the Australian Government Department of Social Services and NSW Family and Community Services.

Tuesdays

8 Oct – 26 Nov 2019
(8 consecutive weeks)
10.00am – 12.30pm

Location

Anglicare
Level 5, 31-39 Macquarie St
Parramatta 2150

This is a free course.
Childcare is not provided.

For bookings and information

9895 8144

education@anglicare.org.au



Anglicare

**Community
Services**