

## Who is it for?

For women who have experienced Domestic Abuse and separated from their partner.

### Group Sessions:

- Introductions
- What is abuse and recognising the warning signs
- Introduction to self esteem
- Coping with the psychological distress. Bill of Rights
- The effects of abuse on children and parenting skills
- Raising self-esteem through affirmations and positive self talk
- Anger, conflict and how to be assertive
- Identifying boundaries and how to put them in place.
- Loss and what can be reclaimed  
Review of the Bill of Rights
- Recognising warning signs and handling intimacy
- Measuring the increase in self-esteem and celebrating success

# The Recovery Toolkit

weekly sessions for women living in:  
Kings Norton Kings Heath Brandwood  
Billesley Northfield

Free of charge

**New Programme starting September 2014**



**To discuss the programme in confidence  
Call**

**Jacky or Donna on**

**07868163103 or 0121 624 5775**

Reg Charity No. 1123337

## Aims of programme:

- to positively change how you perceive yourself (self-esteem and self-image)
- to encourage the development of strategies to help you cope with emotional pain
- to recognise the effects of abuse on children, encouraging you to develop positive parenting skills
- to positively change how you interact with others
- to set individual goals and action planning
- to give individuals the knowledge needed to enable them to move forward in their lives and develop healthy relationships



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