

In 'Strength to Strength' we recognise there are 'Sharks' out there in the world, and sometimes it is not possible to avoid them.

Having a strong Shark Cage® can help you to recognise Sharks before they become a part of your life.

You will learn how to recognise a respectful 'Dolphin' and identify the characteristics of healthy relationships. In working through the 5 steps of the Shark Cage® framework, you will learn about the impacts of trauma, how to manage strong emotions, develop assertiveness skills and build your sense of empowerment.

You will also create your personal Treasure Chest of tools to help you heal and create a new, strong, positive sense of self and your rights.

STRENGTH TO STRENGTH

Who is the group for?

Strength to Strength recognises diversity and supports inclusiveness. We welcome cis and trans women, and those who identify as gender non-conforming. The group will potentially be helpful to all individuals who personally relate to the experience of abuse as women.*

Want more information?

Call and speak to Megan, Heba or the intake worker on 9216 0444 to arrange a time to come and talk to us about whether this group is right for you.

When?

Thursdays, 16 April until 4 June 2020.
10 am to 12.30 pm.

Where?

WestCASA Footscray site,
53 Ballarat Road, Footscray.

Cost?

Free, with morning tea provided.

* Please note places are limited and not guaranteed. WestCASA reserves the right to determine if those interested are group ready and if the group is a good fit for their immediate needs.

This group will help you to build a strong Shark Cage® of human rights and connect it to an alarm system.

AN EIGHT WEEK SUPPORTIVE AND INFORMATIVE GROUP FOR WOMEN WHO HAVE HAD MORE THAN ONE EXPERIENCE OF FAMILY VIOLENCE AND/OR SEXUAL ASSAULT IN THEIR LIVES.

Sometimes women begin to feel that they must attract abuse if it happens more than once in their lives.

This is not true.

No one is ever to blame for the abusive actions of others.



The Shark Cage® is a registered trademark of Ursula Benstead.



www.westcasa.org.au



WestCASA acknowledges and respects the traditional Aboriginal custodians of the land.