



# My Life Domestic Abuse Awareness Programme

Facilitated by

## Watford Women's Centre

Delivered at a venue to be confirmed



This is a personal development programme for women who have been impacted by domestic abuse. It includes raising awareness of domestic abuse and its affects It provides an opportunity to understand the choices we make so that we can improve the ability to assess risk and explore options, and covers:

- Identifying abusive behaviours
- Warning signs of an abusive relationship
- Effects of living with abuse
- Coping strategies
- Why women stay
- Safety and support

