



My Life Domestic Abuse Awareness Programme

**My Life
Online via Zoom
Programme
£15
Wednesdays
01 May to 17 July 2024
19:00-21:30**

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

