

A supportive programme for women affected by domestic abuse

My Life is a supportive group programme designed to help you understand your experiences, rebuild confidence and take positive steps towards your future.

Hope • Awareness • Education

What to expect:

Weekly group sessions
Friendly, understanding facilitators & practical tools for everyday life
No pressure – go at your own pace.



Weekly online sessions via Zoom
in a safe, confidential and non-judgemental space.



Thursdays:
24th September 26 - 10th December 26



19.00 - 21.30

**Limited
spaces
available**



Interested?
Get in touch today



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**Watford
Women's
Centre**