

# Reclaiming your life: a future without abuse



Designed for women who have left an abusive relationship with another adult but who are still suffering from its effects, this course aims to support women to recover from the mental and emotional abuse that they have been exposed to.

### The course involves:

- Exploring the dynamics of an abusive relationship
- Discovering underlying patterns of abuse, with the aim to shift the perspective away from blame, guilt and shame
- Trying a variety of exercises and meditations

We aim to encourage participants to explore their own emotional needs, giving them the opportunity to understand what happened to them and therefore the chance to move on.

**The course is not designed for women currently in an abusive relationship.**

Thursdays (6 Sessions)

21 Sep– 26 Oct

10.00 AM – 12.30 PM

**Location:**

**Online: MS Teams**

**Contact:**

020 3513 5818 or

recoverycollege@swlstg.nhs.uk

