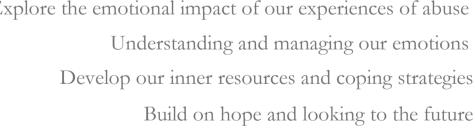
## Mixed Emotions...

Are you experiencing or affected by Domestic Abuse? Free Women's Self-development Workshops

Workshops run over 12 weeks starting on:

## **Tuesday 7 November** 12.30 - 2.30 pm

Explore the emotional impact of our experiences of abuse Understanding and managing our emotions Develop our inner resources and coping strategies Build on hope and looking to the future





Warren Farm Community Project Charity Number:1120869



Please call as places are limited



Workshops are delivered by qualified counsellors