

Women are Strong...



Women do Survive

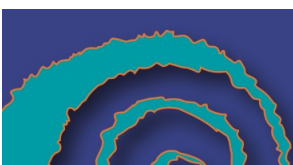
Do you sometimes feel like you are walking on eggshells?

If you feel alone, uncertain or confused by your partner or ex-partners behaviour towards you, and feel it might be abusive, this 8 week support group offers insight in a safe and confidential space.

Together we will explore:

- Being a person for yourself rather than a person for someone else
- How to reconnect with our personal strengths
- The effects of abusive or hurtful relationships
- How to manage overwhelming emotions
- Women's role in the family and society
- Developing strategies for personal safety

For more information or to register
please call **The Yellow Gate** on **1300 564 164** or email admin@theyellowgate.org.au



Onkaparinga Collaborative Approach

for the Prevention of Domestic Violence and Aboriginal & Torres Strait Islander Family Violence

A number of agencies involved in this collaborative partnership are funded by the Government Department of Social Services.
These services are all members of the OCA (Onkaparinga Collaborative Approach)