

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 – 2.30pm

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

Please call as places are limited

07753 224 835

Workshops are delivered by qualified counsellors



Warren Farm Community Project
Charity Number:1120869

