



# THE SHARK CAGE™

## GROUP PROGRAM

**A free 8 week supportive, informative and empowering group for women who have experienced domestic and family violence or sexual abuse in their lives using a human rights approach**

### **Location:**

 Whitsunday Counselling & Support Inc  
Shop 1/157, Shute Harbor Rd, Cannonvale

### **Dates & Time:**

Tuesdays between 9:30am & 12:00pm  
February: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>  
March: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

### **How to register:**

 07 4946 2999  
 intake@whitsundaycs.com.au

### **Who should attend:**

Women who have experienced  
Domestic and Family Violence  
or Sexual Violence

### **Facilitated by:**

Whitsunday Counselling & Support Inc with Charlotte and Niamh

### **Included in the Free Program:**

- Education about human rights.
- The impacts of trauma.
- Skills training and the 5 steps in the Shark Cage™ framework.
- Help women feel empowered to heal and build a strong, positive sense of self.

