



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
77 Herbert Street, Bowen

Dates & Time:

Tuesdays between 9:30am & 10:30am

July: 14th || 21st || 28th

Aug: 4th || 11th || 18th || 25th

Sept: 1st || 8th || 15th

How to register:

 07 4946 2999

 hester@whitsundaycs.com.au

Who should attend:

Women who have experienced Domestic and Family Violence or Sexual Violence

Facilitated by:

Whitsunday Counselling & Support Inc with Hester and Ayla

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.

