



WOMEN &
CHILDREN
FIRST.

Expect Respect

Support for women
who have experienced
domestic abuse

Thursdays, 9th May - 13th June
Weekly, 10am - 12pm, North Shore

This six-week program is a psychoeducational group for women living in, or who have left an abusive relationship. It aims to help women understand the difference between healthy vs unhealthy relationships, the various types of abuse and the cycle of abusive behaviour. It also covers the impact upon children, local service supports available, and how to build self-esteem and assertiveness.

To enrol:



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**Lane Cove
Council**

FREE WORKSHOP