

Book Now!

SHARK CAGE 2022



TUESDAY'S 9.30AM -12PM

\$30 per week

\$240 for 8 Weeks

Shark Cage is an 8-week group program for women and girls (16 years or over) who have experienced violence.

The purposes of the program is to get free of patterns of repeated violence or other abuse, to spot the differences between 'Sharks' and 'Dolphins' around us, and to strengthen our protective resources – the 'Shark Cage' which can keep us safe.

This program has been running in different locations around Australia for 10 years, and is structured around 5 practical steps. It draws on an understanding of trauma, human rights, cognitive behavioural therapy, and the power of talking with others who have faced similar experiences.

WHEN: TUESDAY's from 9:30am to 12pm

INTERESTED? Contact us now on (02) 6021 5773

WOMENS CENTRE FOR HEALTH & WELLBEING

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