



SHARK CAGE

Got Your Back Sista will facilitate The Shark Cage® program

This 6 week program provides clients with the knowledge and tools to feel empowered and actively decrease the likelihood of further victimisation in their life.

The Shark Cage objectives are to:

- Increase participant's knowledge of healthy and unhealthy relationships;
- Increase participant's capacity to set boundaries and recognise potentially abusive or exploitative people;
- Increase participant's skills in assertive communication and self-worth;
- Increase participant's awareness of the impacts of abuse;
- Decrease any feelings of self-blame for the abuse they have experienced, and;
- Explore being kind and caring to oneself.

Program is run each term.

Venue: 15 Elizabeth St, Tighes Hill

Cost: Nil

Requirements: to register you must commit to attend every session

For more information email admin@gybs.com.au or phone 49 892777



The Shark Cage® is a registered trademark of Ursula Benstead.

