



DOMESTIC ABUSE SERVICES
GWASANAETHAU CAM-DRIN DOMESTIG

Journey
Beyond
Abuse



Life can be different



Llinell Gymorth Live Fear
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WHO IS THE COURSE FOR?

Journey Beyond Abuse is for any woman who has been subjected to domestic abuse and no longer has contact with her abuser.

Once out of an abusive relationship, many women find the hardest part is dealing with the lasting effects of the trauma. This programme aims to start this process of recovery.

WHAT IS THE COURSE ABOUT?

During the 8-week course you will discuss a variety of topics including:

- > **About the reasons behind domestic abuse and society's role in this**
- > **Recognising and dealing with emotions**
- > **Relationships**
- > **Effects on children and young people**

It is important to understand that you are not to blame for the abuse and by working within a group you will get support from others to recognise your strengths and find your own solutions.

HOW DO I ACCESS THE COURSE?

If you are interested in attending, please get in touch. We will invite you to meet with us to discuss the programme and see whether it is suitable for you. If it is the right course, we will let you know the available dates and book you on.

WHY IS THE COURSE NEEDED?

Lots of women are hurt badly in relationships. This impacts them and their children dramatically and in long lasting ways. *Journey Beyond Abuse* helps women to make sense of what has been done to them and provides tools and techniques to move forward.





For more information call our helpline

01446 744755

or email

info@valedas.org



valedas.org

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