



*CatholicCare*  
Diocese of Broken Bay

# REGAINING SELF

**A free support group exploring the many issues relating to domestic and family violence.**



**Mondays**

3 February - 23 March 2020  
10.00am – 12.30pm



**Northern Women's Health Centre**

Rose Cottage  
7 Rose Street, Wyong

**Topics include:**

- Identifying domestic and family violence
- The law
- Women's resistance
- The impact on children
- Self-esteem, communication and anger
- Identifying healthy relationships
- Stages of change
- Moving on.

CatholicCare provides a range of services for women and children experiencing domestic and family violence. We welcome all women.

*\*Childcare available*



**TO RESERVE  
YOUR PLACE  
CONTACT**

**Staying Home Leaving Violence / Safe Homes Team**

Central Coast Family Centre

P: (02) 4356 2600

E: [ccinformation@catholiccareddb.org.au](mailto:ccinformation@catholiccareddb.org.au)

[catholiccareddb.org.au](http://catholiccareddb.org.au)