

THE POWER OF CHANGE

The 'Power Of Change' group is designed to empower women who have experienced domestic abuse by providing you support, guidance and resources to help you reclaim your power and build a brighter future.

What you'll learn:

- strategies for healing and self care
- building healthy relationships
- assertiveness and boundary setting
- financial empowerment and independence
- goal setting and personal growth

Duration: 12 Weeks

Start Date: April (Keighley & Bradford)

Schedule: 10am to 12pm

Cost: Free (limited spaces)



How to register:

Our friendly team is here to assist with any questions you may have and guide you through the registration process.

CALL US:

0808 2800 999

EMAIL OUR TEAM:

groups@stayingput.org.uk

COMPLETE SELF-REFERAL FORM:

www.stayingput.org.uk/contact-us

Join us and discover The Power of Change!!

SCAN HERE

