

If you wish to attend any of the programmes listed please contact the Community Resettlement Worker to secure your place:

|               |             |
|---------------|-------------|
| Antrim        | 07738641386 |
| Ballymena     | 07841204539 |
| Carrickfergus | 07708459565 |
| Larne         | 07906041136 |
| Newtownabbey  | 07821402024 |

### Crèche Provision

Childcare may be provided however spaces are limited.

Please contact a Crèche Worker to register expressions of interest on 028256 32136



Refreshments will be provided.

### The Community Resettlement Service

The Community Resettlement team help women who are or have been living with domestic violence.

The aim of the Community Resettlement Service is to support women, children and young people to help develop their decision making abilities by addressing the impact of domestic violence on self esteem, confidence and family functioning through a range of information, education, and training opportunities.

Community Resettlement workers co-ordinate, plan and facilitate the delivery of the training programmes for women.

They will also signpost women to other services if required, both internal and external to Women's Aid ABCLN.

**24 HOUR DOMESTIC  
VIOLENCE HELPLINE  
0800 917 1414**

**[www.womens-aid.org.uk](http://www.womens-aid.org.uk)**

**women's aid**

Antrim, Ballymena, Carrickfergus, Larne  
and Newtownabbey

## Programme Information

**April - June 2013**



## Journey To Freedom

**EVERYONE** has the right to feel **Safe** and live their lives **free of abuse**. This programme is specifically designed for women who have been or are still in an **abusive relationship**.

Meet with women who have had similar experiences and share your thoughts and feelings on Domestic Violence in a **safe** and **supportive** environment. Some of the topics covered are:

- The effects of domestic violence
- Patterns of abusive behaviour
- Safety planning
- You are not to blame

Date: Wednesday 17/4/13  
Time: 10:30 am—12:30 pm  
Venue: The Naomi Centre, 2 Cullybackey Road, **Ballymena**  
Duration: 8 Weeks

Date: Wednesday 17/4/13  
Time: 10.30am - 12.30pm  
Venue: Women's Aid Office, 75 Main Street, **Larne**  
Duration: 8 Weeks

Date: Monday 29/4/13  
Time: 10:30 am—12:30 pm  
Venue: Methodist Church, Manse Drive **Newtownabbey**  
Duration: 8 Weeks

## Reconnect

This is a 10-20 week programme which runs across all 5 areas on a weekly or fortnightly basis. It is a social activity programme which aims to help you socialize and have some 'me-time' with other women. Please contact the Reconnect Worker on 07835309793 for details.

## OCN (level 1) Living & Surviving

### Domestic Violence

This programme is accredited through the Open College Network. Participants must have already completed the Journey to Freedom programme prior to enrolment.

Date: Thursday 18/4/13  
Time: 10.30am - 12.30pm  
Venue: Church of the Nazerene, Oakfield Road, **Carrickfergus**  
Duration: 6 weeks

Date: Thursday 18/4/13  
Time: 10.30 am—12.30pm  
Venue: The Naomi Centre, 2 Cullybackey Road, **Ballymena**  
Duration: 6 weeks

## OCN (level 1) Me, Myself & I

This programme is accredited through the Open College Network. Participants will learn about taking steps towards their personal development.

Date: Wednesday 24/4/13  
Time: 10.30am - 12.30pm  
Venue: The Sarah Centre, 2 Market Place, **Carrickfergus**  
Duration: 8 Weeks

Date: Monday 22/4/13  
Time: 18.30pm - 20.30pm  
Venue: Women's Aid Office, 75 Main Street, **Larne**  
Duration: 8 Weeks

## My Life My Choices

This programme provides an opportunity for women to take steps towards personal development. It helps promote **self esteem** and enables women to explore their options and **develop their confidence**. Some topics covered are:

- building your confidence & self esteem
- Assertiveness & decision making
- Self image
- Its ok to say no
- Building support networks

Date: Monday 15/4/13  
Time: 10.30am—12.30pm  
Venue: Grace House, 17 Fountain Street, **Antrim**  
Duration: 6 Weeks

Date: Friday 19/4/13  
Time: 10:30 am—12:30 pm  
Venue: Carnmoney Presbyterian Church, **Newtownabbey**  
Duration: 6 Weeks

## You & Me Mum

The aim of this programme is to empower, support and develop further understanding of a mother's role in addressing the needs of children and young people who have lived with Domestic Violence.

Date: Wednesday 17/4/13  
Time: 10.30am—12.30pm  
Venue: Grace House, 17 Fountain Street, **Antrim**  
Duration: 10 Weeks