

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
Reconnect	07835309793

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.

—Tell us what you think—

We would like to hear any of your comments, complaints or suggestions to improve our service.

You can go to www.womens-aid.org.uk

Or you can use our suggestion box situated in each office.

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 & SEXUAL
VIOLENCE HELPLINE
0808 802 1414**

www.womens-aid.org.uk

women's aid

Antrim, Ballymena, Carrickfergus, Larne
and Newtownabbey

Programme Information

**September— December
2018**



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 topics covered are:

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

Date: Wednesday 12/09/2018
Time: 10:30am—12:30pm
Venue: 75 Main Street
Larne

Duration: 8 Weeks

Date: Friday 14/09/2018
Time: 10:30am—12:30pm
Venue: 5a Lesley House
1-9 Carnmoney Road
Glengormley

Duration: 8 Weeks

Date: Wednesday 19/09/2018
Time: 10:30am—12:30pm
Venue: 17 Fountain Street
Antrim

Duration: 8 Weeks

Date: Wednesday 19/09/2018
Time: 10:30am—12:30pm
Venue: 2 Cullybackey Road
Ballymena

Duration: 8 Weeks

My Life My Choices

This programme will provide 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**.

Date: Thursday 20/09/2018
Time: 10:30am—12:30pm
Venue: 2 Cullybackey Road
Ballymena

Duration: 6 Weeks

Date: Wednesday 26/09/2018
Time: 10:30am—12:30pm
Venue: 33b Albert Road
Carrickfergus

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: Thursday 13/09/2018
Time: 10:30am—12:30pm
Venue: 5a Lesley House
1-9 Carnmoney Road
Glengormley

Duration: 5 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: Thursday 27/09/2018
Time: 10:30am—12:30pm
Venue: Church of the Nazarene
20 Oakfield Dr.
Carrickfergus

Duration: 8 Weeks

OCN (level 1) Steps To De-stress

This is an OCN accredited course which looks at understanding what stress is and learning more about stress management techniques.

Date: Monday 10/09/2018
Time: 10:30am—12:30pm
Venue: 75 Main Street
Larne

Duration: 10 Weeks

Date: Thursday 17/9/2018
Time: 10:30am—12:30pm
Venue: 17 Fountain Street
Antrim

Duration: 10 Weeks

Reconnect

This is a social activity programme for women who have experienced domestic violence. Coming to one of these groups is a great opportunity to meet new people, make friends, experience new things and have fun. It runs on a weekly or fortnightly basis and during this time you will have the opportunity to build both your confidence and your support network.