

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](http://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**

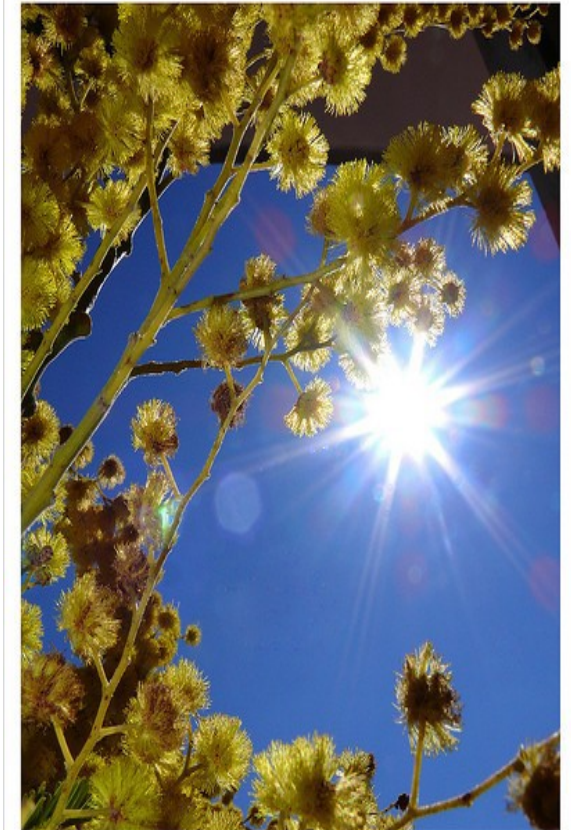
**[www.womens-aid.org.uk](http://www.womens-aid.org.uk)**

**women's aid**

**Antrim · Ballymena · Carrickfergus  
Larne and Newtownabbey**

## **Programme Information**

**April—June 2019**



## 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: Thursday 11/04/19  
Time: 10:30am—12:30pm  
Venue: The Naomi Centre, 2 Cullybackey Rd,  
**Ballymena**  
Duration: 8 Weeks

Date: Monday 15/04/19  
Time: 10:30am—12:30pm  
Venue: 17 Fountain St.  
**Antrim**  
Duration: 8 Weeks

Date: Monday 29/04/19  
Time: 10:30am—12:30pm  
Venue: 5a Lesley House, 1-9 Carnmoney Rd  
**Glengormley**  
Duration: 6 Weeks

Date: Thursday 02/05/19  
Time: 10:30am—12:30pm  
Venue: Church of the Nazarene, Oakfield  
Drive, **Carrickfergus**  
Duration: 8 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 01/05/19  
Time: 10:30am—12:30pm  
Venue: 75 Main Street,  
**Larne**  
Duration: 8 Weeks

Date: Wednesday 24/04/19  
Time: 10:30am—12:30pm  
Venue: 17 Fountain St.  
**Antrim**  
Duration: 8 Weeks

## 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: Wednesday 01/05/19  
Time: 10:30am—12:30pm  
Venue: The Naomi Centre, 2 Cullybackey Rd,  
**Ballymena**  
Duration: 8 Weeks

## You and Me Mum

You and Me, Mum' aims to empower and support survivors in furthering their understanding of their role as mothers and in addressing the needs of children and young people who have lived with domestic abuse.

Date: Wednesday 11/04/19  
Time: 10:30am—12:30pm  
Venue: Sarah Centre 33b Albert Road  
**Carrickfergus**  
Duration: 6 Weeks

Date: Wednesday 01/05/19  
Time: 10:30am—12:30pm  
Venue: Glengormley Presbyterian Church  
267 Antrim Road  
**Glengormley**  
Duration: 6 Weeks

Date: Monday 13/05/19  
Time: 10:30am—12:30pm  
Venue: 75 Main Street,  
**Larne**  
Duration: 6 Weeks

## Reconnect

This is a social activity programme for women who have experienced domestic violence and social isolation. Coming to one of these groups is a great opportunity to meet new people, make friends, experience new things and have fun. It runs from April to June on a weekly basis and during this time you will have the opportunity to build both your confidence and your support network. Please contact the Reconnect Worker on **07835309793** for details of the group in your area.