



# The Phoenix Programme

Supporting women affected by Domestic Abuse in the Swale.

Come along to our 12 week programme, looking at the effects of Domestic Abuse and tactics the abuser uses, to learn the warning signs, looking at how to keep safe and understand the impact an abusive relationship can have on yourself and your family, understanding the power and control over another person.

Looking at a healthy relationships, self-care, look at our own boundaries, in a safe environment by trained facilitators.

**Starting Tuesday 17<sup>th</sup> September 2024 10:00 to 12:00.**

## Phoenix



**Contact 01795 608028 for further information on venue and to book your place to complete your registration.**

**New Leaf Support Registered Charity: 1150522**