



**woman's  
Trust**

recovery from domestic abuse

# **WORKSHOPS FOR YOUNG WOMEN AND GIRLS WHO HAVE EXPERIENCE OF UNHEALTHY RELATIONSHIPS**

**In partnership with London Freemasons Charity  
For 16-25-year-olds living in any London borough**

**MONDAYS 26<sup>TH</sup> OCTOBER TO MONDAY 30<sup>TH</sup>  
NOVEMBER INCLUSIVE, 6-8PM - ONLINE**

**Monday 26 October  
What Is Domestic Abuse?**

**Monday 2 November  
Healthy vs Unhealthy Relationships**

**Monday 9 November  
Red Flags & Gut Feelings**

**Monday 16 November  
Boundaries**

**Monday 23 November  
From Survival to Safety**

**Monday 30 November  
Reclaiming Your Sense of Self**

**TO REGISTER AND FOR MORE  
INFORMATION**

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020 7034 0303

