



March/April 2017

Self-development workshops East London

Free workshops for women affected by Domestic Violence

Moving forward from abuse: Recovery

Domestic abuse can impact every area of a woman's life: physical, psychological/emotional; social; financial; spiritual. When the abuse has ended how can we recover from the effects of the abuse and start to rebuild our lives and ourselves and move forward positively? In this workshop, we will look at practical ways in which we can start to take that journey and build a life that we want to live.

When: 10am – 2pm
Tuesday 21st March 2017

Where: Stratford Arcade
107-109, The Grove,
Stratford, London E15 1HP

Healthy Vs Unhealthy Relationships

No one wants to have a violent relationship so how did this happen? More importantly, how can you spot the warning signs that it might be happening again? We'll be looking at why this happens, why it can continue to happen and what qualities to look out for in a loving, caring, long-term partner.

When: 10am – 2pm
Tuesday 28th March 2017

Where: Stratford Arcade
107-109, The Grove,
Stratford, London E15 1HP

Strengthening relationships with our children following domestic abuse

Domestic abuse can have a huge impact on our relationship with our children and our ability to be the parents we would like to be. In this workshop we will look at ways in which we can help meet the needs of our children, and identify practical steps we can take to strengthen and maintain mother/child relationships going forward.

When: 10am – 2pm
Tuesday 4th April 2017

Where: Stratford Arcade
107-109, The Grove,
Stratford, London E15 1HP

Please turn page

To reserve your place on any of these workshops,

please ring Amanda or Alice on

020 7034 0303

If you are in receipt of state benefits, or have no recourse to public funds, you may be eligible for travel expenses refunds. Please mention this at time of booking.

Availability is limited and booking is essential.

**ALTHOUGH THERE ARE SOME FACILITIES IN THE AREA WE STRONGLY RECOMMEND YOU
BRING YOUR OWN LUNCH TO EVERY SESSION**

CHILDCARE FACILITIES WILL NOT BE AVAILABLE ON THE DAY

Children will not be allowed to attend the workshops

Woman's Trust

P.O. Box 70420

London NW1W 7QL

Tel: 020 7034 0303

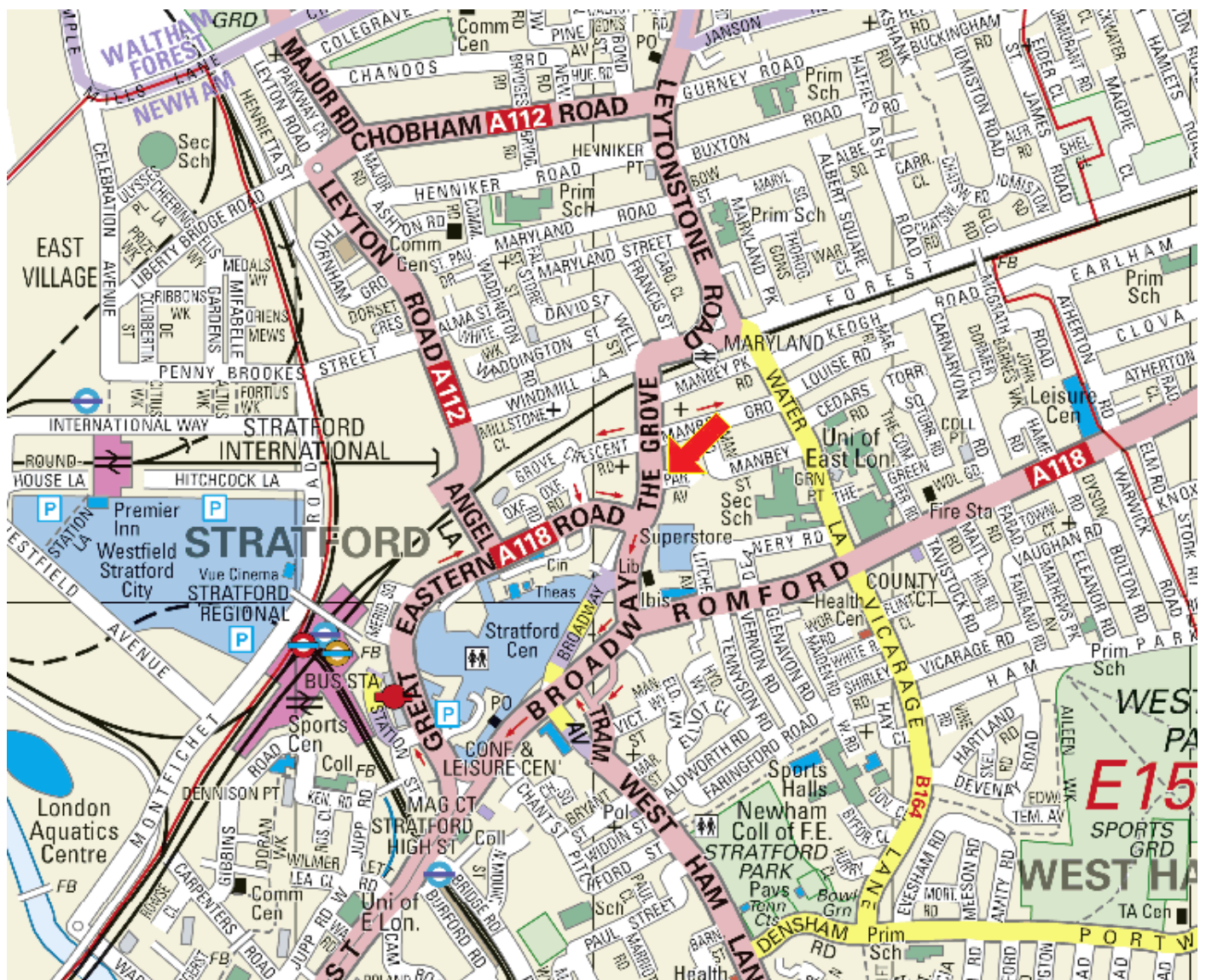
www.womanstrust.org.uk



LOTTERY FUNDED

Stratford Advice Arcade

107-109, The Grove
Stratford,
London E15 1HP
Tel: 020 8221 1995



HOW TO GET THERE

Stratford Advice Arcade is next door to the entrance to Morrison's Car Park close to the main Shopping Centre and the bus and underground stations in Stratford.

By bus: All main bus routes from the surrounding areas drop off at Stratford. 25, 69, 86, 104, 108, 158, 238, 241, 257, 262, 276, 308, 473, S8, S2.

By tube: Take the Central, Jubilee or DLR lines to Stratford

By rail: TFL Rail, Abellio Greater Anglia and Docklands Light Railway to Stratford. Or TFL Rail to Maryland.

By car: Stratford is accessible from the A12 and A13. At the Town Centre look for Morrison's Supermarket & parking is pay & display

MOBILITY BUS SERVICES: Contact 020 7918 3312

BUS TIMETABLE ROUTES: Contact 020 7222 1234

RAIL ENQUIRIES: 08457 48 49 50