

**THE
RECOVERY
TOOLKIT**

'Women who have experienced and lived with Domestic Abuse frequently tell support agencies that the hardest party of recovery is to deal with the psychological distress caused by such abuse'.

Barnardo's Eden are now recruiting for 'The Recovery Toolkit', a 12 week course for women who have suffered Domestic Abuse/Violence and are in a position to take part in a group.

A requirement for women attending is that they are not in a relationship with the perpetrator or that the perpetrator is on a recognised perpetrator programme.

The course is designed to assist women look at ways to develop positive lifestyle coping strategies.

*Underpinned by Cognitive behavioural therapy theories 'The Toolkit' covers:
What is abuse, Self esteem, the affects of abuse on children and on parenting, the power of positive self talk, assertiveness, boundaries, making mistakes, setting goals & defining healthy relationships*

**12 weekly sessions starting
Tuesday 24th September 9.30am-11.30am
at Penrith Childrens Centre**

Crèche is available for women who require childcare in order to access the course

**For more information contact;
Paul Stubbs
Specialist Development Worker
Barnardo's Eden
07770581163
01768 899022**



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