



# BRAVE & COURAGEOUS

The 'Brave and Courageous' program is designed for women who have come out of a domestic violence relationship, struggling with new beginnings and wanting to find the strength they need to make it through hard times, while maintaining their integrity.

## ABOUT BRAVE AND COURAGEOUS

Participants will explore:

- what it means to show up in life
- create boundaries
- lean into vulnerability
- acknowledge responsibility and accountability
- face challenges with courage



## GYBS GOAL WITH BRAVE AND COURAGEOUS IS TO...

- support participants in noticing bravery
- building courage
- improving self-esteem
- ability to move through life with a renewed sense of confidence and resilience
- provide participants with a toolkit of practical life skills and strategies to deal with difficult emotions

PROGRAM FACILITATOR: Kaz Amos - Karen brings with her 20 years of experience and qualifications including:

- \* B. Social Science (Welfare) - University of Newcastle
- \* Newcastle Acceptance & Commitment Therapy - with Russ Harris
- \* NEW Clinical Neuropsychotherapy - with Dr Pieter Rossouw, NSW



## PROGRAM DETAILS

Length: 6 weeks, commencing 24th October 2019

When: Every Thursday from 10:00am to 11:45am

Where: 15 Elizabeth Street, Tighes Hill

RSVP: 21st October 2019 email: [info@gybs.com.au](mailto:info@gybs.com.au)

only 15 spots  
available