



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 & 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 5th May 2022

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

Where: 15 Elizabeth Street, Tighes Hill

RSVP: 2nd May 2022 email: admin@gybs.com.au

