

SHARK CAGE

Got Your Back Sista will facilitate The Shark Cage® program in Term 2. This 4 week program provides clients with the knowledge and tools to feel empowered and actively decrease the likelihood of further victimisation in their life.

The Shark Cage objectives are to:

- Increase participants knowledge of healthy and unhealthy relationships;
- Increase participants capacity to set boundaries and recognise potentially abusive or exploitative people;
- Increase participants skills in assertive communication and self worth;
- Increase participants awareness of impacts of abuse;
- Decrease any feelings of self-blame for the abuse they have experienced, and;
- Explore being kind and caring to oneself.

Start date: Monday 16th May 2022

Time: 10am - 1pm

Venue: Got Your Back Sista Village HQ
15 Elizabeth St, Tighes Hill

Cost: nil

RSVP: 11th May 2022 to admin@gybs.com.au or
ph: 49 892777

Requirements: to register you must be committed
to attending every session

