



# SHARK CAGE

Got Your Back Sista will facilitate **The Shark Cage®** program.

This **6-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 participant's knowledge of healthy and unhealthy relationships;
- Increase participant's capacity to set boundaries and recognise potentially abusive or exploitative people;
- Increase participant's skills in assertive communication and self-worth;
- Increase participant's awareness of the impacts of abuse;
- Decrease any feelings of self-blame for the abuse they have experienced, and;
- Explore being kind and caring to oneself.

## **The program is run each term.**

**Venue:** 15 Elizabeth St, Tighes Hill

**Cost:** Nil

**Requirements:** to register you must commit to attend every session

For more information email [admin@gybs.com.au](mailto:admin@gybs.com.au) or phone 49 892777

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