

Own My Life Course

for women in Oxfordshire

The **Own My Life** course is an innovative, creative and educational 12 week course for women. The course is designed to support women to regain ownership of their lives after they have been subjected to abuse or violence by a partner, and is running for women in Oxfordshire aged 18 and over.

The Own My Life course consists of short videos, structured discussions, and group and individual activities. Women attending the course will also receive the Own My Story journal, which includes space for individual writing and/or drawing throughout each session and includes all the information in the course, allowing women to continue their story.

The course explores how as women we can regain ownership of our lives, including owning our:

Mind **Body** **Choices** **Relationships** **World** **Feelings**

You can find more information about the Own My Life programme at www.ownmylifecourse.org

Course dates:

The course runs for **12 weeks**. Please ensure you can commit to the full 12 weeks in order to gain maximum benefit from the course.

Thursdays 1pm–4pm, starting 12th November
(in-person at The Hill Community Centre, OX16 0JJ)

Thursdays 6pm–9pm, starting 10th December
(online virtual course)

Thursday 1pm–4pm, starting 11th February
(in-person at Barton Community Centre, OX3 9LS)

End dates depend on Christmas Eve and New Year's Eve, and Covid-19 circumstances.

To refer yourself, or someone you are working with, please visit:

www.reducingtherisk.org.uk/cms/ownmylife



Own My Life is under the governance of
The Women's Liberation Collective CIO
(registered charity no. 1184411).

