



VISION  
COUNSELLING



## The WOW Space Well Woman Programme

The WOW Well Woman programme is a safe, non-judgemental place where women can come together and explore the impact living in, or fleeing a domestic abusive relationship has had on their lives. It has been specially designed to empower and engage women in a process of therapeutic recovery that builds a positive sense of self.

The programme will start with a 12 week 2 hour weekly drop in workshop, which will provide information and awareness of domestic abuse, the impact covid-19 and the restrictions have had on keeping safe. Information to help understand why women get stuck in unhealthy relationships

There will then be a 12 week (4 hour weekly) programme which through the benefits of group work, Individual Life Coaching and Compassionate Therapy will further develop the ability of women to:

- Ground themselves and feel safe
- Look compassionately at their journey towards seeking help and recovering
- Draw on their strengths and courage to recover and manage the trauma that can be experienced from being in an abusive relationship
- Shift into a healthier mind set to better manage their emotions, particularly feelings of guilt, shame, anger and anxiety
- Understand the role of healthy attachment in the relationship with self and others

To book your space or for more information please contact WOW Space on:

(Mobile) 07872 198550 or email [WOWSpace@afiuk.org](mailto:WOWSpace@afiuk.org)

WOW Space is a project of AFiUK CIC Company No 9605591

