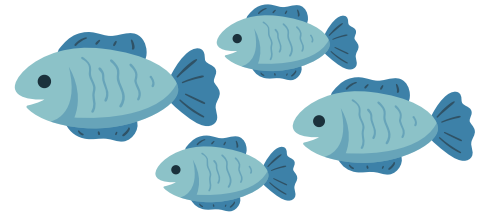


Family Support Newcastle in partnership with the Family Action Centre and Hunter Women's Centre invite women who have experienced controlling and/or violent relationships to this FREE group

Shark Cages and Other Fishy Business



Free separate
children's activities
and morning tea
provided



WHEN

**Wednesdays
10am - 1pm**

DATES

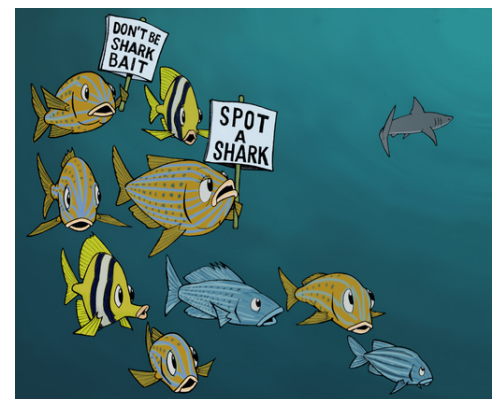
**19 February to
2 April, 2025
(7 weeks)**

WHERE

**Hunter Women's
Centre
60 Industrial Drive
Mayfield,
Awabakal Country**

Discussions will include:

- What supports violence in our society?
- Connecting with our wisdom, strengths and early warning system
- Identifying, valuing and respecting boundaries
- Understanding resistance and ways to respond
- Practicing caring for ourselves, kindness and creativity



Register: 49682511 Places Limited!