



What is the Own My Life Course?

- 12 week course for women who have previously experienced domestic abuse and are no longer in a relationship with the perpetrator.
- It aims to empower women to transform and regain control of their lives and to build a positive support network.
- Supports women to understand the trauma they have been subjected to and why this abuse still has an impact on their lives.
- Delivers domestic abuse education, the psychology of trauma, the cycle of abuse and how society impacts women.
- Encourages women to reflect on their values and boundaries.
- Women are provided with the tools to take back ownership of their lives.
- Uses videos, structured discussions, group and individual activities, and includes a comprehensive learning journal.

Eligibility:

- Women 18+
- Have left their abusive relationship and no longer reside at the same address.
- Available to partake in two phone calls (20-30mins each) prior to course start date.
- Available to attend all 12 sessions.
- Available to partake in a weekly, check-in, over the phone between group sessions.
- Able to pay £12 for the journal (can be done as two payments).

kirsty@newbeginningspeersupport.com newbeginningspeersupport.com 01423 313080

WHAT THE PROFESSIONALS SAID

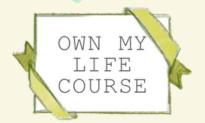
"Wow! Loved it.
Thank you. I am excited,
informed, uplifted in
equal measures!"

"Make the time, it is extremely worthwhile" "Very informative with relevant content"

"Excellent much needed course"

#It's a must
attend session"

"It is very helpful to have full knowledge of exactly what we are referring onto"



COURSE ATTENDEE FEEDBACK

100% of attendees would definitely recommend to other women

75% increase in attendees understanding of what domestic abuse is

67% INCREASE IN
ATTENDEES FEELING THEY
CAN MAKE SENSE OF THEIR
LIFE

40% increase in attendees feeling they had friends that love & support them

NEW BEGINNINGS

LIFE AFTER DOMESTIC ABUSE

Peer led peer support