



## 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).

To refer contact

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## 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"

OWN MY  
LIFE  
COURSE

## 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