

Friday 14th November

2025

9:30am-2:30pm

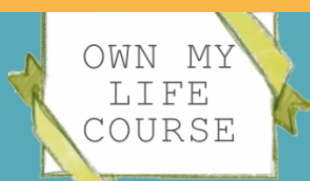
Online via zoom

# OWN MY LIFE TASTER DAY

## What is the Own My Life Taster Day?

It is a one-day training and information course for professionals introducing you to the Own My Life course content and will enable you to effectively refer women into the course.

**We are unable to accept referrals for the Own My life course from organisations/professionals who have not attended a taster day.**



## What is the purpose of the Own My Life Taster Day?

- To enable participants to effectively refer women to the course.
- To provide participants with high quality awareness about domestic abuse, trauma and women's experiences.
- To provide networking opportunities between services.
- To ensure women receive the best support possible from local services

**To book your place, please complete the form or scan the QR code**