

The Shark Cage[®]



FOR PARENTS AGED 25YRS AND UNDER

Would you be able to see if your relationship was abusive?

Central Coast Family Support Services in partnership with The DALE Young Parent's School will be delivering a 4 week workshop. During this time we will focus on learning techniques to strengthen your knowledge on abusive relationships, using a shark cage as a metaphor. We will explore together what this looks like and gain strategies to strengthen your self-awareness which will enable you to feel protected and prepared for when a 'shark' comes.

Dates: Thursdays 29th August, 5th, 12th and 19th September 2019

Time: 10am – 12pm

Where: The Young Parents Hub, 2a Amy Close, Wyong

Morning tea and childcare provided

Booking essential

To RSVP, please call 4340 1585

CENTRAL COAST



FAMILY SUPPORT SERVICES

