

reclaiming myself

course registration

To enrol or for confidential information

Phone 09-360 4933

Fax 09-360 4934

Email icwg@xtra.co.nz

www.innercitywomensgroup.org.nz

Course begins _____

Time _____

Facilitators _____

Venue _____



Inner City Women's Group

PO Box 78-059, Grey Lynn, Auckland

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reclaiming myself

assertiveness, communication and
life skills support programme



About Inner City Women's Group

Our women facilitators are trained and experienced in working with issues that affect women's lives.

Our aims are to:

- educate and empower women
- to break cycles of abuse
- to offer expertise in counselling and skills training.

Inner City Women's Group was established in 1988 to support women experiencing family violence, initially running Breaking the Cycle. Since then we have responded to women's requests and provided a wider range of programmes.

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|---|--------------------------|
| 1 | Breaking the Cycle |
| 2 | Irate Women and Anger |
| 3 | Between Mother and Child |
| 4 | Reclaiming Myself |

Inner City Women's Group works across the Auckland region including Auckland City, Manukau East and Waitakere City. Our courses have been approved by the Ministry of Justice and Child, Youth & Family. We are a member of the National Network of Stopping Violence Services, the Auckland Coalition for the Safety of Women & Children, SAFTINET, SAFVPN, MECOSS, FVIP & WAVES.

*Freedom from abuse
and violence*

Purpose of the Programme

To guide women through a journey of self discovery to create a positive and healthy future, learn new ways of being and enjoy life.

As women we share many common experiences. By acknowledging and affirming these experiences we are better able to meet our needs for self realisation and positive power.

This programme is focussed on guiding you on this journey of self discovery – who we are, where our beliefs and past patterns originate from and how these impact on current life experiences.

At the same time, the course prepares you to create different ways of being in the world by teaching new skills, understandings and ways of communicating. Throughout the course you will have time to talk, listen and share with other women within a warm and sustaining environment.

Programme Content

Topics covered in the courses include:

- Loving and caring for yourself
- Exploring past patterns
- Understanding family and social roles
- Developing healthy boundaries
- Improving self-esteem/confidence
- Assertiveness & communication
- Exploring constructive & destructive anger
- Combining love and power
- A celebration of our journeys.

The Outcomes

The course will assist you to understand the effects of abuse on your life and to move away from self doubt and self blame.

Who Attends

- Women from all walks of life, ages, cultures and backgrounds
- Women who have attended other Inner City Women's Group courses
- Women who want to discover more about themselves
- Women who wish to gain skills to enable them to live more creatively.

The Breaking the Cycle Course

Duration Eight weeks

Times Evening courses available

Numbers Maximum of 15 women

Venue Evening course – two locations
Details on application

Cost by donation \$80 waged women
\$40 unwaged women

We recognise women have differing financial circumstances so if necessary, donate according to your means.

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myself