



Women Supporting Women Mentoring Project

are offering the following:
A FREE 12 week programme
with childcare provided

Breaking the cycle programme looks at the different types of:

- Relationships
- Different types of abuse that women experience in relationships
- Personal happiness
- Assertiveness and me
- Healthy state of wellbeing
- Looking at healthy relationships free from domestic abuse

Each week the programme will explore a different theme that will help women to discover their own methods of coping and healing.

This programme will begin on 23rd March 2019

**For more information please contact
Women Supporting Women office**

Tel: 021 - 4391108 or Email: womensupportingwomen@eircom.net

Funded by

