

Contact us at: -

Womens Aid (ABCLN)

2 Cullybackey Road,

Ballymena

BT43 5DF

Telephone: -

Naomi Centre: 028 2563 2136

Child Services Manager :

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Where: Programme can be facilitated in Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey



women's aid
Antrim, Ballymena, Carrickfergus, Larne
and Newtownabbey



It's a girl
thing..

8 week programme
to build & promote
self esteem and self
confidence

HSC Public Health
Agency

**Funded by:
Suicide Prevention & Promoting
Mental Health**

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Who are we?

This programme is specifically targeted at young women aged 16-25 and is funded by Suicide Prevention and Promoting Mental Health.

The programme aims to:-

- Promote positive mental health and emotional well being in women to enable them to make informed healthy choices
- Help women build self esteem, self confidence and a healthy body image.
- Promote and encourage friendships within a safe, caring environment.
- Assist women in identifying healthy , unhealthy and abusive relationships

AND

to have some FUN!

What will we do?

Week 1
Self confidence

Week 2
Self Esteem

Week 3
Unwritten Rules and Relationships and our lives

Week 4
Healthy and Abusive Relationships/ Early warning signs/Protective behaviours

Week 5
Dating and domestic violence

Week 6
Stress/How we manage stress

Week 7
Assertiveness-Its ok to say no

Week 8
Safety planning/Support networks

Core Aims of Women's Aid

To provide services and temporary refuge to women and children suffering domestic violence, be that emotional, physical, financial, verbal or sexual abuse.

To empower and enable women to determine their own future.

To recognise, respond and care for the emotional needs of children and young people.

To offer support and guidance to any woman who asks for it, both in refuge and in her own community.

To educate, inform and challenge the public, the media, police, courts, social services and other authorities about the prevalence and effects of domestic violence, always mindful that domestic violence is a direct result of the general position of women in our society, and of perpetrators' decisions to meet their own needs without negotiation because they feel they are entitled to. Domestic violence is a breach of human rights.