



2024 036

## SHARK CAGE® GROUP PROGRAM

### What is The Shark Cage® Group Program about?

This group is for women who have experienced abuse in their life and struggled with the impacts as they try to move towards healing and growth.

The Shark Cage Framework will help you to feel confident in the fact that you are not in any way to blame for the abusive actions of others.

The Shark Cage Framework will help you to:

- know what your rights and boundaries are
- know when these are being threatened
- learn how to defend these threats if it is safe to do so

- recognise unsafe people (predators) from a distance
- create your own personal Treasure Chest of tools to help you heal and create a new, strong, and positive sense of yourself and your rights.

**DATES:** Friday 2nd February 2024 – Friday 22nd March 2024

**TIME:** 10:30am – 1:30pm (please arrive by 10.15am)

**LOCATION:** St Mary's Anglican Church, 114 Ridgway, Mirboo North

Lunch will be provided