



Darlington Children's Centre
for Early Childhood Development and Parenting

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The Shark Cage® Group FREE COURSE

An 8 week assertiveness and self-confidence building course for women who have experienced abusive or controlling relationships.

This group aims to help women feel empowered to heal and build a strong, positive sense of self and their rights. It aims to build understanding about the impact of domestic violence or sexual abuse on children and families.

This group includes education about human rights, the impact of trauma, self-confidence building, boundary setting and assertiveness skills. It aims to help women feel

empowered to heal and build a strong positive sense of self and to build healthy relationships.

To find out if this is the right program for you please contact Darlington Children's Centre on 8296 2686



*The Shark Cage group is a registered trademark of Ursula Benstead



Government of South Australia
Department of Human Services