

You can not always see a way forward. Friends and relatives can be supportive but may have their own worries or not have the time and ability to listen without becoming upset or too involved. Perhaps we can not always share problems with them

Its at difficult times like this when it can be helpful to talk things over in confidence within a group who can offer time, guidance and understanding, as well as being supportive to you.

We all experience life in our own unique way, using information gathered by our senses. How we experience things ourselves can influence this.

Taking Steps offers an unconditional, positive and non-judgemental environment for you to explore issues that are important to you.

Open to both men and woman who have experienced domestic abuse, you will be supported and accepted for who you are.

Working in partnership with:



EUROPEAN UNION
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Hart Rotary Club

You may not have been able to talk about your experiences before due to a number of factors - such as:

- Isolation
- Fear
- Guilt
- Nobody would believe me
- Financial reasons
- Family
- Threats
- Shame
- Low self esteem
- Love
- Happened a long time ago

Incidents of domestic abuse can affect us for a long time. We would like you to come and join us and find a place and a way forward - it's about **Taking Steps**

Taking Steps aims to look at ways of supporting your safety and personal issues, regarding domestic abuse.

The objectives are to create a safer environment for you and your family, to explore personal issues and the journey that has brought you here today.



Taking Steps

Taking Steps will help enable you to:

- ❑ Share experiences with others, who are or have been, in similar situations
- ❑ Look at domestic abuse and its effects on children
- ❑ Explore personal safety issues
- ❑ Cope with stress / stress relief
- ❑ Develop self esteem
- ❑ Cope with jealousy
- ❑ Rebuild trust & respect
- ❑ Allow more time to look at yourself

The group will involve:

- ❑ Guest speakers - i.e. solicitors, colleges etc
- ❑ Confidentiality (unless child or anyone at risk)
- ❑ Exploring financial, physical, emotional & sexual abuse

The group is run on a Tuesday morning at Dickson House, Hook, from 10am to 11.45am. Free crèche facilities are provided.

For further information please contact:

Gerrie Jordan MBACP

Advanced Group Facilitator - DIPS Centred Counselling

Hart Neighbourhood Centre, Dickson House

London Rd, Hook , Hants RG27 9DJ

Tel: 01489 577818 / 07810 430689

Email: gerrie.jordan@btopenworld.com

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TAKING STEPS



Support for men and women who have experienced domestic abuse



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