

The Wish Centre

Programmes for Adults

AIM Programme

This 12 week programme is aimed at women who have previously or are currently suffering domestic abuse. It aims to:

- *help women understand the beliefs held by abusive men & in doing so recognise which of the beliefs they have shared
- *help women to gain self esteem & the confidence to improve the quality of their lives
- *to look at the effects of domestic abuse on children
- *to help women recognise potential future abusers
- *to introduce women to community resources

Letting Off Steam

This 6 week programme is aimed at women who have difficulty managing feelings of anger and pain as a result of their experiences in abusive relationships. The course separates out feelings from behaviours. Recognising it is natural to have feelings, however, acting aggressively because of these feelings rarely improves any situation. Clients are encouraged to accept they always have a choice over their behaviour. They are then taught anger management strategies and improved communication techniques to enable them to get their point across effectively and safely.

Recovery Toolkit

This 12 week programme is aimed at women who have experienced and are recovering from domestic abuse. The course content is developed each week to help women to grow stronger and includes topics on: abuse; the effects on children and parenting skills; anger and conflict; being assertive; boundaries and trust; setting goals and action planning and, healthy relationships. The toolkit aims to give women the knowledge to enable them to have a better understanding and ability to deal with their experiences. It is designed to allow women to move forward in their lives. Their own strengths, resources and coping strategies are reinforced which will contribute to their own health and well-being on a long term basis.

For enquiries or information on any of the programmes listed, please contact The Wish Centre on 01254 260465 or email: info@bddwa.org.uk

