

If you wish to attend any of the groups and courses listed please contact Women's Aid ABCLN to secure your place:

**Women's Aid ABCLN**  
**Tel: 028 25 632136**

Creche Provision

Childcare may be provided however creche spaces are limited. Details available on registration.

Refreshments will be provided.



**- Tell us what you think -**

We would like to hear any of your comments, complaints or suggestions to improve our service.

You can go to [www.womens-aid.org.uk](http://www.womens-aid.org.uk)

Or you can use our suggestion box situated in each office.

**SUPPORT IN THE COMMUNITY**

Women's Aid ABCLN Domestic Abuse Specialists provide information, one to one support and group work for women affected by domestic abuse in the community.

We help women to address the impact of domestic abuse on their lives by providing:

- Emotional support on an individual basis or in a group setting
- Personal development and confidence building
- Facilitate courses, training and education opportunities

We create a safe and supported environment for women to discuss issues and learn through shared experiences.

We believe that no-one should have to live in fear or threat from abuse.

If you are affected by domestic abuse you can contact:

Tel: 028 25 632136

Freephone 24 Hour Domestic & Sexual Abuse Helpline: 0808 802 1414

Email: [admin@womensaidabcln.org](mailto:admin@womensaidabcln.org)  
[www.womens-aid.org.uk](http://www.womens-aid.org.uk)

**Women's Aid**  
Antrim, Ballymena  
Carrickfergus, Larne  
& Newtownabbey



**Groups and Courses**  
**April-June 2024**

## Journey To Freedom

Journey To Freedom provides you with the opportunity to meet with women who have had similar experiences and share your thoughts and feelings in a safe and supportive environment. Topics include patterns of abusive behaviour, effects of domestic abuse and empowering women to make safe choices in their lives.

Date: Monday 22nd Apr 2024  
Time: 10.00am - 12.00pm  
Venue: 17 Fountain Street  
**Antrim**  
Duration: 8 weeks (approx.)

Date: Thursday 18th Apr 2024  
Time: 10.30am - 12.30pm  
Venue: The Naomi Centre  
2 Cullybackey Road  
**Ballymena**  
Duration: 8 weeks (approx.)

Date: Monday 15th Apr 2024  
Time: 10.30am - 12.30pm  
Venue: The Vineyard Church  
**Carrickfergus**  
Duration: 8 weeks (approx.)

Date: Monday 22nd Apr 2024  
Time: 10.30am - 12.30pm  
Venue: 75 Main Street  
**Larne**  
Duration: 8 weeks (approx.)

Dates: Wednesday 17th Apr 2024  
Time: 10.30am - 12.30pm  
Venue: Lesley House  
5 Carnmoney Road  
**Glengormley**  
Duration: 8 weeks (approx.)



## My Life My Choices

This group promotes personal development and enables women affected by domestic abuse to explore options and create change by increasing their confidence and self-esteem, positive self-image and decision making and building support networks.

Date: Thursday 18th April 2024  
Time: 10.30am - 12.30pm  
Venue: Lesley House  
5 Carnmoney Road  
**Glengormley**  
Duration: 6 weeks (approx.)

## Steps To De-stress

Date: Thursday 18th Apr 2024  
Time: 12.30pm - 2.30pm  
Venue: The Vineyard Church  
**Carrickfergus**  
Duration: 8 weeks (approx.)

Date: Wednesday 24th Apr 2024  
Time: 10.30am - 12.30pm  
Venue: 75 Main Street  
**Larne**  
Duration: 8 weeks (approx.)

## Living & Surviving Domestic Violence

Date: Wednesday 17th Apr 2024  
Time: 10.30am - 12.30pm  
Venue: **Ballymena**  
Duration: 6 weeks (approx.)

## CAP Life Skills

Date: Monday 22nd Apr 2024  
Time: 12.30pm - 2.30pm  
Venue: **Antrim**  
Duration: 6 weeks (approx.)

## Reconnect Groups

Reconnect supports women to build their confidence, reduce isolation and develop new skills. Groups meet weekly enabling women to share their voices and lived experiences, and take part in creative projects (12 weeks approx.)

### Antrim

Wednesday 21st February, 10.30am - 12.30pm

### Ballymena

Monday 22nd January 2024, 10.30am - 12.30pm

### Carrickfergus

Wednesday 10th January 2024, 10.30am - 12.30pm

### Larne

Friday 1st March 2024, 10.30am - 12.30pm

### Glengormley

Friday 12th January 2024, 10.30am-12.30pm