FREE

6-week self empowerment program for women who have left an abusive relationship

Do you want to feel safe again?
Do you want to find your inner strength?
Do you want the skills to set boundaries and take back power?

Then **A Stronger Me** is for you!

By participating in A Stronger Me and with ongoing encouragement from our supportive community, you'll gain the confidence, courage, and determination to rebuild your life.

Next program starts **mid February 2026**

Where? Blue Mountains area
Who can attend? Women over 18 yrs who've been separated from an abusive partner for 3+ months

catholic care
WESTERN SYDNEY AND THE BLUE MOUNTAINS

Expressions of interest

Call 0422 876 700
or 8843 2500

Survivor Voice Australia Inc.