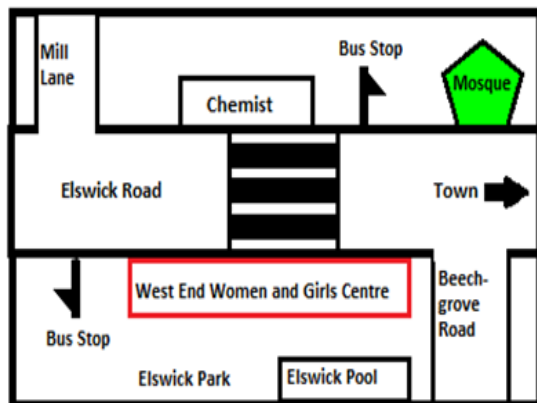


*“Loved it, wish it could go on forever”*

## How to book a place?

- Call into the centre
- Call us:  
01912734942
- Email us:  
[info@westendwomenandgirls.co.uk](mailto:info@westendwomenandgirls.co.uk)



*“My self-esteem has grown, I now feel able to be assertive and trust my own judgement rather than worrying about being judged by others.”*

*“It has made me feel less as though the abuse was my fault.”*

**WEST END  
WOMEN & GIRLS  
CENTRE**

**The Stephenson Building  
173 Elswick Road  
Elswick  
Newcastle  
NE4 6SQ  
0191 2734942**

**THE SAFE PROJECT**

# Safe 4 Life

**Free 12 week course**

**Starts Tuesday 9th  
September 2014  
12.30-2.30pm**

***“Try Safe 4 Life,  
It could change yours”***

**Tel: 0191 273 4942**

# Safe 4 Life

## What is it?

SAFE 4 LIFE is a 12 week course

## Who is it for?

Women (over 18) who are victims or survivors of domestic abuse.

## What will it do?

- Give you a clear understanding of relationships both good and bad.
- How to stay safe
- Make you feel stronger and better about yourself

## When is it on?

Every Tuesday afternoon

12.30-2.30pm

## The course looks at:

domestic abuse/

domestic violence

controlling behaviour

how we keep ourselves

safe,

self-esteem

sexism and equality

assertiveness

the effects of domestic  
abuse on ourselves and our  
children

what a healthy relationship  
looks like.



*“Thanx for an enjoyable course. I actually looked forward to it every Thursday*

*“I am now a stronger person.”*

## Who runs it?

Community workers and domestic violence advocates from West End Women and Girls Centre

**The Safe Project**

## Need Support?

We can offer private and confidential advice, support and guidance just for you.

**S A F E 4 L I F E**

**Don't suffer in silence**

**0191 273 4942**