

# reclaiming myself

## course registration

To enrol or for confidential information:

Auckland Phone 09-360 4933

Manukau Phone 09-279 8727

Email [icwg@xtra.co.nz](mailto:icwg@xtra.co.nz)

[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)

## course details



Inner City Women's Group

PO Box 78-059, Grey Lynn, Auckland 1245

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preventing violence against women

# reclaiming myself

assertiveness, communication  
and life skills support

Greetings • Kia ora • Bula vinaka  
Talofa lava • Malo e lelei • Kia orana



te araitanga tukino whare tangata

## About Inner City Women's Group

Our women facilitators are qualified, trained and experienced in working with issues that affect women's lives.

Our aims are to:

- support and empower women
- break cycles of abuse
- provide prevention and education services through group programmes.

Inner City Women's Group was established in 1988 to support women experiencing family violence, initially running Breaking the Cycle. Since then we have responded to women's requests and now provide a wider range of programmes and support services.

### Group Programmes

- Breaking the Cycle
- Irate Women and Anger
- Between Mother and Child
- Reclaiming Myself

Inner City Women's Group works across the Auckland region including Auckland, Manukau and Waitakere cities. Our courses have been approved by the Ministry of Justice and Child, Youth & Family. We are a member of the National Network of Stopping Violence Services, the Auckland Coalition for the Safety of Women & Children, SAFTINET, SAFVPN, MECOSS, FVIP and WAVES.

*Freedom from abuse  
and violence*

## Purpose of the Programme

As women we share many common experiences. By acknowledging and affirming these experiences we are better able to meet our needs for self-realisation and positive power.

This programme is focused on guiding you on this journey of self-discovery – who we are, where our beliefs and past patterns originate from and how these impact on current life experiences.

At the same time, the course prepares you to create different ways of being in the world by teaching new skills, understandings and ways of communicating. Throughout the course you will have time to talk, listen and share with other women within a warm and sustaining environment.

## Programme Content

Topics covered in the course include:

- Caring for yourself
- Exploring past patterns
- Understanding family and social roles
- Developing healthy boundaries
- Improving self-esteem/confidence
- Assertiveness and communication
- Exploring constructive and destructive anger
- Combining love and power
- A celebration of our journeys and moving forward

## The Outcomes

The confidence, assertiveness, skills and improved self-esteem you develop will assist you to learn new ways of being, acting and enjoying life.

## Who Attends

- Women from all walks of life, ages, cultures and backgrounds
- Women who have attended other Inner City Women's Group courses
- Women who want to discover more about themselves
- Women who want to gain skills to enable them to live more confidently.

### The Reclaiming Myself Course

Duration Eight weeks

Times Evening and daytime courses available

Numbers Maximum of 16 women

Venue Details on application

Cost by donation \$80 waged women  
\$40 unwaged women

We recognise women have differing financial circumstances so if necessary, donate according to your means.

reclaiming  
myself