



# BRAVE & COURAGEOUS

The **'Brave and Courageous'** 6-week program is designed for women who have come out of a domestic violence relationship, struggling with new beginnings and wanting to find the strength they need to make it through hard times while maintaining their integrity.

## ABOUT THE PROGRAM

Participants will explore:

- what it means to show up in life
- create boundaries
- lean into vulnerability acknowledge responsibility and accountability
- face challenges with courage

## GYBS GOAL WITH BRAVE AND COURAGEOUS IS TO:

- support participants in noticing bravery
- building courage and improving self-esteem
- ability to move through life with a renewed sense of confidence and resilience
- provide participants with a toolkit of practical life skills and strategies to deal with difficult emotions

**PROGRAM FACILITATOR:** Michelle Nolan holds a Bachelor of Counselling and has over 10 years case management experience working with individuals, families and youth in a variety of capacities including mentoring, coaching and counselling.



**Got Your Back Sista HQ -15 Elizabeth Street, Tighes Hill**

**Please note:** the program is run upstairs at Village HQ

**Cost:** this is a free workshop subsidized by Got Your Back Sista

**To register please phone 02 49 892777 or email [info@gybs.com.au](mailto:info@gybs.com.au)**

