WHAT WOULD COURSE ATTENDEES SAY TO OTHER WOMEN CONSIDERING ATTENDING THE COURSE?

"THIS COURSE IS EXTREMELY HELPFUL AND HAS CHANGED MY LIFE."

"DEFINITELY DO IT!! I HAVE BENEFITED SO MUCH FROM IT AND SO HAVE THE OTHERS IN THE GROUP. IT'S LIFE CHANGING!!"

"PLEASE DO IT. YOU'RE BRAVE AND YOU WILL BE ABLE TO HANDLE IT. IT'S BEEN SUCH AN EYE OPENER AND HAS HELPED ME SO MUCH."

"IT'S AMAZING AND MAKES YOU SEE THAT IT'S NOT YOUR FAULT."

"YOU MAY FEEL YOUR LIFE ISN'T WORTH LIVING AS I DID BUT BY THE END OF THE COURSE YOU'LL FEEL YOU ARE AT THE BEGINNING OF NEW HAPPY CHAPTER AND FEEL FREE TO MAKE YOUR OWN DECISIONS FOR A GREAT FUTURE DOING WHAT MAKES YOU HAPPY."

"THIS IS THE COURSE THAT WILL TRULY GIVE YOU BACK YOUR LIFE AND HELP YOU TO LOOK FORWARD WITH HOPE!"

"THIS COURSE WILL HEAL YOUR LIFE, GIVE YOU THE CONFIDENCE TO MOVE ON AND FIND HAPPINESS AND HEALING IN YOUR JOURNEY."

"DO IT! YOU WON'T REGRET IT! IT WILL BE THE BEST THING YOU EVER DID."

"THIS COURSE WILL GIVE YOU THE TOOLS TO TAKE BACK THAT POWER TO BE A STRONG INDEPENDENT WOMAN, WHO IS AMAZING JUST AS YOU ARE RIGHT NOW."

"THIS COURSE WILL PUT YOU IN A PLACE OF POWER."

"DO IT!!!! YOU WILL BECOME YOURSELF AGAIN!"

Calan dvs
Sue Gardiner 07790885431
SGardiner@calandvs.org.uk
TimmeryWilliams 07398 259716
timmery.williams@calandvs.org.uk
Thttps://www.calandvs.org.uk/en/

THE OWN MY LIFE COURSE

OWN MY LIFE

WWW.OWNMYLIFECOURSE.ORG

HELPING WOMEN REGAIN OWNERSHIP OF THEIR LIVES

WHAT IS THE OWN MY LIFE COURSE?

An innovative, creative, educational 12-week course for women, that can be run online or in-person. The course enables women to regain ownership of their lives after they have been in a relationship with someone who has hurt them. As part of a local service, the course facilitator will provide a caring, supportive and safe space for women to meet together and do the course (either in-person or online). It is really interactive with lots of short videos, quizzes, and discussion. Each woman receives the Own My Story journal which has all the ideas, key concepts and content from the course with space for reflection and notes.

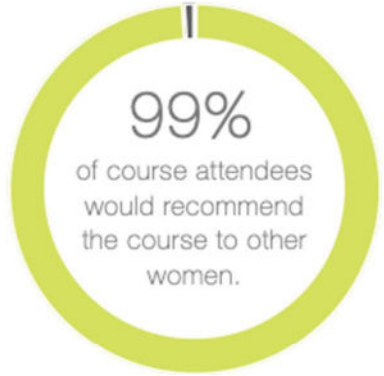
WHY IS THE COURSE NEEDED?

Lots of women are hurt badly in relationships, This impacts them and their children dramatically and in long-lasting ways. The Own My Life Course helps women to make sense of what has been done to them and gives them the skills to move forward. The course helps women to discover what their strengths are and how they can move forward with their lives.

"YOU'VE GOT ALL THESE PEOPLE WHO THINK YOU'RE SILLY FOR GOING BACK OR STAYING WITH HIM AND THIS COURSE HELPS YOU TO KNOW WHY AND KNOW THAT YOU'RE NORMAL."

COURSE ATTENDEE





WHO CAN ATTEND THE OWN MY LIFE COURSE?:

Women who are dealing with a:

- Difficult relationship.
- Nightmare ex-partner.
- Horrible break up.
- Controlling partner or ex.

To attend an online course, women must have separated (and living separately from) the partner who hurt them.

MARJORIE



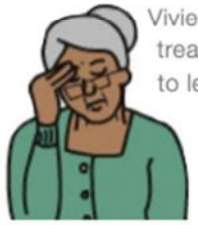
Marjorie is trying to make sense of her relationship. Her partner Jerome makes her feel small and stupid, he mocks her and humiliates her. At first the relationship was amazing, Jerome couldn't do enough for her, it was a whirlwind romance, he'd moved in within weeks. He keeps telling her they should have a baby to make the relationship better, but then he spends all their money and doesn't like Marjorie talking to her mum or going out with her friends.

SYLVIA



Sylvia's ex, Horatio, is a nightmare. He constantly changes the arrangements of when he's going to have the kids and when they come back from seeing him they're really difficult to manage. Horatio switches between sending Sylvia threatening messages and ringing her up crying and begging her to take him back. When they were together he cheated on her with her best friend and made her do sexual stuff she didn't like. Sylvia doesn't have any friends anymore, she feels anxious all the time.

VIVIENNE



Vivienne feels stupid. Her husband Gordon treats her really badly, but every time she tries to leave him, she ends up going back. Even though he's hurt her really badly, she always finds herself apologising to him. He twists her words, scares her and uses the kids to make her do what he wants. Vivienne's family have given up on her, she's close to losing her job because of Gordon's behaviour, but she feels like she can't live without him. She keeps asking herself, "What's wrong with me?!"

The Own My Life course may be able to help Marjorie, Sylvia and Vivienne make sense of what's going on for them.

The Own My Story Journal is full of resources, information and opportunities for reflection









