



*"The group is a place  
where you can be honest  
and where nobody would  
laugh at you."*

*"To know that I am not  
the only one who has  
suffered from domestic  
violence and that what I  
am feeling is normal"*

*"I gained so many  
things... but maybe the  
most important was that I  
could finally put into  
words what was done to  
me... although it is still  
difficult to share."*



**Black Country  
Women's Aid**  
*we listen, we support, we care*

Black Country Women's Aid is an independent charity which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years.

We offer sensitive and holistic support services which help victims of abuse to escape from violence, cope with trauma and rebuild their lives.

We believe that no-one should have to live in fear of violence and abuse. *We listen, we support, we care.*



**The Cedar Centre**

The Cedar Centres are our centres in Sandwell, Dudley and Walsall which bring together a range of services to support survivors.

**The Cedar Centre Sandwell**  
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**GETTING THE  
RIGHT SUPPORT**

## **The Power to Change**



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**The Cedar Centre**

# The Power to Change

**The Power to Change** programme provides education and support in a group setting to women who are, or have been, in abusive relationships. It is based on the idea that women working together in a safe, friendly and non-judgmental environment can change their lives for the better.

Going through domestic abuse can damage your self-esteem and make you feel very isolated and even ashamed of what has happened to you. Being in a group where others have had similar experiences can be very beneficial; it offers a safe space to share experiences, feel that you are not alone, and draw strength from each other.

The three main aims of the support group are:

- to help you understand the dynamics of abuse and change patterns of behaviour learned by women within abusive relationships;
- to raise awareness of women's basic rights;
- to build self-esteem and empowerment, enabling you to recognise your individual strengths, maintain your independence, and acknowledge your rights to respect, dignity, independence, choice and control.

Black Country Women's Aid offer **The Power to Change** as a free 14-week course. Please speak to your support worker if you are interested in taking part. If you need to provide proof to Children's Services or other professionals that you have attended the course, the group facilitator can sign this leaflet for you after each session. You can also use the space provided to reflect on your feelings during the course.

## My feelings about The Power to Change

**Name:**

**How I felt after my first session**

**How I felt after my 7th session**

**How I felt after finishing The Power to Change**

## Session

## Facilitator signature & date

1. Introductions: basic rights

2. Domestic abuse

3. Why is it so hard to leave?

4. Families and children

5. Boundaries

6. Coping with grief, fear and guilt

7. Coping with anger

8. Assertiveness skills and boundary setting 1

9. Assertiveness skills and boundary setting 2

10. Assertiveness techniques

11. Dealing with requests and authority figures

12. Practicing assertiveness

13. Healthy relationships

14. Endings and new beginnings