

# The Recovery Toolkit



CYMORTH I FENYWOD  
**CYFANNOL**  
WOMEN'S AID

The Domestic Abuse Recovery Toolkit is a 12-week groupwork programme that helps participants understand the impact of having experienced domestic abuse and aims to equip women with the knowledge they need to recover from its effects.

The programme explores how women are prevented from leaving abusive relationships and how the thinking patterns developed as a method of managing the risk can make it difficult to move forward. It reinforces strengths, resources, coping skills and resilience to support improved health and wellbeing on a long-term basis.

### The course helps participants to:

- Build self-esteem
- Cope with the consequences of abuse
- Improve wellbeing
- Understand the effects of abuse on children
- Recognise the power of positive self-talk
- Explore boundaries and trust
- Positively change how they interact with others
- Set individual goals
- Develop healthy relationships
- Move forward in their lives

## Who is the Recovery Toolkit for?

The Domestic Abuse Recovery Toolkit programme is suitable for women not currently in an abusive relationship who would like to focus on their recovery journey.

It's trauma-informed psycho-educational model is designed to be strengths based and skills building. The aim is that, by giving individuals knowledge, they can better understand and deal with their previous experiences.

For many women, the course may be a next step after completing the Own My Life Course.

There is an initial assessment prior to commencing the course to ensure that it is right for the individual.





CYMORTH | FENYWOD  
**CYFANNOL**  
WOMEN'S AID

### **To make a referral:**

Cyfannol Women's Aid delivers the Recovery Toolkit in various locations across Gwent.

To enquire about your nearest course, please call us: **03300 564456**

or email your local office:

**BlaenauGwent@cyfannol.org.uk**

**Newport@cyfannol.org.uk**

**Torfaen@cyfannol.org.uk**

**Monmouthshire@cyfannol.org.uk**



**www.cyfannol.org.uk**



**@Cyfannol**



**@Cyfannol**



**@CyfannolWAid**

*Together we are stronger*