

# Survive and Thrive

Program to support women who are rebuilding their lives after family violence.



Do you know someone rebuilding after abuse?

Over 10 sessions, topics covered include;

- Improving self esteem and dealing with feelings of shame
- Misplaced loyalties, identifying patterns of behavior
- Coping with feelings of isolation
- Personal identity and the labels we attach
- Economic needs, financial management and budgeting
- Reflective practice and journals
- Inspiring women and their stories

Survive and Thrive is developed and facilitated by Lisa Bonavita

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When: Fri 19 July to Fri 20 Sept

9:30am– 11:30am

Where: Lalor Living & Learning Centre  
47A French St, Lalor

Bookings essential—call 03 9465 5162

This program is supported by the Victorian Government.



We acknowledge the wurundjeri people as the traditional owners of these lands. We are a diverse, inclusive, welcoming and safe place for everyone.

