

Undoing the Damage of Domestic Abuse

What is it?

Undoing the Damage of Domestic Abuse (UDDA) is a 6-week course designed to teach you about the types and effects of domestic abuse. The course covers a range of topics such as: **barriers to leaving, emotional abuse, values in a healthy relationship, self-compassion, the effect on children & asserting yourself in important situations.**



tyneside women's health
Improving mental health for women and girls



What can I gain from it?

- A greater **insight** into the experiences you have had
- The knowledge to help you spot **early signs of abuse** in future relationships
- **Peer support** from others who have been through similar situations
- Improved **confidence** from speaking to a new group of people

When/Where is it?

At our Byker centre:

Wednesdays 10am-12pm

At our Gateshead centre:

Thursdays 10am-12pm

Please let us know if you wish to attend and we will add you to the waiting list.