



## Domestic Violence Response

The Courtyard  
Main Street  
Oughterard  
Co. Galway  
091-866740

Email: [dvr@indigo.ie](mailto:dvr@indigo.ie)  
[www.domesticviolenceresponse.com](http://www.domesticviolenceresponse.com)  
CHY 18394



[www.facebook.com/domesticviolenceresponse](http://www.facebook.com/domesticviolenceresponse)

## Domestic Violence Response presents:



### *ASSERTIVENESS FOR WOMEN: COMMUNICATING IN THE CONTEXT OF HEALTHY & UNHEALTHY RELATIONSHIPS*

SATURDAY 9TH  
SEPTEMBER OR  
SATURDAY 7TH  
OCTOBER  
10AM-3.30PM

**TEL: 091- 866740**



About

**Assertiveness: Communication in the context of Healthy & Unhealthy Relationships**

Topics include :

- Exploring Rights and Options in decision making.
- Identifying areas of difficulty.
- Understanding the dynamics of Verbal Abuse / Coercive Control.
- Exploring communication options in dealing with ex-partners and others.
- Establishing the skills of clear effective communication including the capacity to say “Yes” and “No”
- Risk assessing areas of difficulty and the practice of appropriate strategies.

Practical information

**Location:** Triskel Healing Centre, 22 Lenaboy Gardens, Salthill, Galway.

**Starting Date:**  
Saturday 9th September 2017  
Or Saturday 7th October 2017

**Time:** 10am—3.30pm

Places are limited to 10 participants

Should you have any questions or wish to discuss the course please do not hesitate to call us.

**Domestic Violence Response**

The Courtyard  
Main Street  
Oughterard  
Co. Galway

Phone: 091 866740  
E-mail: [dvr@indigo.ie](mailto:dvr@indigo.ie)  
[www.domesticviolenceresponse.com](http://www.domesticviolenceresponse.com)



About the course

This one day training day is a rights-based intervention programme to assist women in the ongoing communication issues that arise post separation and particularly in the context of ongoing parenting.

Using information input, experiential learning and group discussion you will explore and devise effective strategies in dealing with difficulties that can arise

**Participants are asked to sign a confidentiality clause to ensure that each person can take part safely.**

**COST: Contributions by donation only**

About the facilitators:

**Elizabeth Power**, RPN, RNMH, BA Social & Economics Studies, MFA, Certificate in Gestalt counselling. Is Coordinator of Domestic Violence Response. She has worked as a researcher (Towards a Community Response to Domestic Violence, 1998) and Editor (Life’s Real Fairytales, 2006) . She has worked as trainer/support worker since 1993.

**Evelyn Glynn**, MA Community Development, MFA, Certificates in Gestalt Jungian Psychology & Art Therapy and Foundations in Process Orientated Psychology. She has worked as Coordinator, Facilitator and support worker with DVR for over 10 years.