

Stronger Futures Sessions

Session 1	<ul style="list-style-type: none">• Introduction• Who is abused?• Timeline to heal
Session 2	Signs and behaviours of domestic abuse
Session 3	<ul style="list-style-type: none">• Red flags• Lovebombing• Trauma bonds
Session 4	<ul style="list-style-type: none">• Isolation• Family• Friends• Impact
Session 5	<ul style="list-style-type: none">• Physical/sexual abuse• Coercive control• Non-fatal strangulation
Session 6	<ul style="list-style-type: none">• Emotional abuse• Financial abuse
Session 7	<ul style="list-style-type: none">• Psychological abuse• The cycle of abuse
Session 8	<ul style="list-style-type: none">• Consequential abuse• Stalking
Session 9	Post-separation abuse
Session 10	Impact on children
Session 11	Obstacles to recovery <ul style="list-style-type: none">• Housing• Finance• Legal
Session 12	<ul style="list-style-type: none">• Self-esteem• Goals for the future