



LUTHERAN  
CARE

# THE SHARK CAGE® GROUP PROGRAM

## Program Details

### Start Date

18 October 2022

### When

Tuesdays

10:30am to 12:30pm

### Where

Lutheran Care  
33 Rundle Street  
Kent Town, SA 5067



An eight-week supportive and informative group for women who have experienced family violence or sexual abuse in their lives.

In working through the 5 steps in the Shark Cage framework, you will learn about the impacts of trauma, how to manage strong emotions, develop assertiveness skills and build your sense of empowerment.

You will also create your personal Treasure Chest of tools to help you heal and create a new, strong and positive sense of yourself and your rights.

## Bookings

Spaces are limited so bookings are essential. Phone Renata on 8269 9300 or via [rsiqueira@lutherancare.org.au](mailto:rsiqueira@lutherancare.org.au) to book.

*Please note participants must arrive on time.*

## Contact Us

 (08) 8269 9300

 [rsiqueira@lutherancare.org.au](mailto:rsiqueira@lutherancare.org.au)

