

THE RECOVERY TOOLKIT

The course uses group exercises to promote positivity, relaxation and calm anxiety.

Women are empowered to take more control of their own lives by setting goals and identifying positive changes within themselves.

The Recovery Toolkit was developed by Sue Penna Associates and is therefore © Sue Penna Associates

Who are we?

About Us

RSACC provide free and confidential face to face counselling and telephone support to female survivors of rape, sexual abuse and/or domestic abuse.

The service is open to women and girls aged 13 and over regardless of whether the abuse is recent or historic.

How To Refer

Referrals can be made by telephone or email directly to RSACC.

Contact Us

Phone: 01325 354119

Email: rsacc.dton@gmail.com

Web: www.rsacc-thecentre.org.uk

Charity No. 1164121

The Centre



Rape & Sexual Abuse
Counselling Centre CIO

PO Box 106, Darlington,
Co. Durham DL3 7YS.

THE RECOVERY TOOLKIT

A course to help recover from the effects of living with domestic abuse

RAPE & SEXUAL ABUSE COUNSELLING CENTRE

CIO





About The Recovery Toolkit:

The Recovery Toolkit is a 12 week course which aims to provide you with all the knowledge you need to recover from the effects of living with domestic abuse. The course is designed for women who have left an abusive partner.

The course will cover:

- How your thoughts affect the way you feel
- How to increase confidence and self-esteem
- Understanding power and control in an abusive relationship
- Boundaries and trust: protect ourselves and those we love

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Group Sessions:

- Week 1:** Introduction to the course
- Week 2:** What is Abuse?
- Week 3:** Introduction to Self-Esteem
- Week 4:** Self-Esteem; coping and the consequences on our psychological well-being
- Week 5:** The effects of abuse on children
- Week 6:** Self-esteem and affirmations; the power of positive self-talk
- Week 7:** Anger & Conflict; what about being assertive?
- Week 8:** Anger & Conflict; assertiveness revisited
- Week 9:** Boundaries and Trust
- Week 10:** Making Mistakes; setting goals
- Week 11:** Healthy Relationships
- Week 12:** Actions for the Future

Feedback from past participants of RTK group:

“The most useful thing I have learnt are strategies and skills to cope.”

“I am more assertive, I am happier in myself and feel I have got the fun back in my life. I feel free again.”

“The most useful thing I have learnt is understanding that what has happened was not my fault.”

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