

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.



Goal

About us

RSACC is a charity run by and for women. We work to end rape and sexual violence by supporting and empowering women and girls in Darlington and County Durham. We offer free, safe support to all survivors 13 and above who have experienced any form of sexual abuse at any time in their lives.

How to Refer

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

Our local Helpline is **confidential and anonymous**. Trained and experienced women are there to listen and support sexual or domestic violence survivors. **Call us on 0300 222 5730**. Check our social media for our Helpline opening times.

Contact us

Phone: 01325 354119

Email: info@rsacc-thecentre.org.uk

www.rsacc-thecentre.org.uk

PO Box 106, Darlington,
Durham DL3 7YS

Who We Are

Charity Number: 1164121



RSACC ♀
Rape and Sexual Abuse Counselling Centre
Darlington and County Durham

Rev2-Sept2021

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

The Recovery Toolkit

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. Our definition of women only includes trans women and non-binary people who identify women's services as being right for them.

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



The Recovery Toolkit

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 the Recovery Toolkit

“The most useful things 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.”