

"MY BODY - MY SOURCE of POWER?"

An open group for refugee women who experienced violence

This offer is not about telling your own story, it is about

- Information about body, trauma and trauma healing
- Instructions and exercises that help to relieve oneself
- Ways to make everyday life a little easier and
- To feel better again in one's own body / to (re)discover one's own body as a source of power

All refugee women with experience of violence can take part (regardless of residence status).
Translation and childcare possible if required and on request.

DATES and TOPICS

Once a month, Thursday from 2pm to 4pm

- **09.04.2020** "Self-care. How do I care for myself?" (Sign in latest until 06.04.)
- **07.05.2020** "Shaking out fear and tension – an introduction to TRE (Tension and Trauma Releasing Exercises)" (Sign in latest until 04.05.)
- **04.06.2020** "What can I do in case of harassment? An Introduction to self-defence" (Sign in latest until 29.05.)
- **02.07.2020** "Pleasure for all senses – enjoy the life" (Sign in latest until 29.06.)

Participation is free. You can register for all or single appointments (by phone or e-mail). Please inform us if you need a translation and if so, which language(s) you speak. We try to make it possible and inform you if you can participate.

Place / Registration:

frauenBeratung nürnberg für gewaltbetroffene Frauen und Mädchen
Fürther Str. 67 in 90429 Nürnberg (U-Bahn-Linie 1/Bus 34; Haltestelle Gostenhof (West))

Questions and Registration (german/english):

Tel. 0911/28 44 00 or E-Mail: kontakt@frauenberatung-nuernberg.de

Contact persons: Carmen Rudek and Sandra Wecker