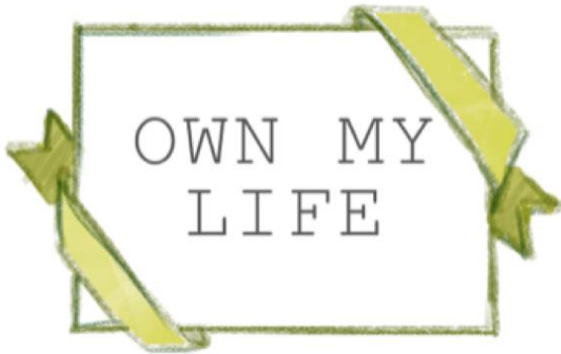


Women's Aid East and Midlothian

Own My Life Course



About Own My Life

The Own My Life course is an innovative, creative and educational 12 week course for women. If you have completed the Freedom Programme you will be offered the chance to attend our FREE online course that is delivered by WAEML staff.

We run the Own my Life course on Tuesday afternoons or Thursday mornings and deliver two programmes per year (starting February and September).

Our course offers a caring, safe and supportive space that will enable you to regain ownership of your life after you have been in a relationship with someone who has hurt you. All participants receive an *Own My Story* journal that has all the key ideas, concepts and content from the course as well as space for your own reflections and notes.

Sessions take place online during the following times:

Tuesday afternoons
12.30 – 2.30pm

Lead facilitator and contact:
Claire McKenna
claire@womensaideml.org

Thursday mornings
10.00am - 12.30pm

Lead facilitator and contact:
Sophie Sherratt
sophie@womensaideml.org

Most of the course material is delivered online by Zoom but additional 1:1 support by email or telephone will be available if required. Two of the sessions (week 10 & 12) take place in person. Note that we run our courses in line with school timetables, there will be no workshops delivered during school holiday dates.

To book on to the course and receive joining instructions, or for more information on the Own My Life course please contact Claire or Sophie

0131 663 9827

Or take a look at www.ownmylifecourse.org