



THE REGAIN PROJECT

The Regain Project offers a compassionate, trauma-informed approach to support women as they rebuild their lives after domestic violence and similar experiences.

Aligned with your mission, we create a foundation of resilience, independence, and self-worth, empowering participants to reclaim their lives.

This project serves as a meaningful extension of your work within the community, providing women with the assets, confidence, and connections for a future of self-sufficiency.



HOW WE THRIVE TOGETHER



PROJECT OUTCOMES

- RESILIENCE
- EMPOWERMENT
- INDEPENDENCE



WHO THIS IS FOR

- Desire to be financially independent
- Open to learning
- Willing and committed to change



PROJECT DETAILS

Delivery | 5 weeks,
60 minute sessions

Group Size | 4 – 10
participants

Program Cost | \$2,200 +
GST



MORE INFORMATION
www.resilientwomenscollective.com.au



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THE REGAIN PROJECT

The Regain Project is a safe, empowering space for women to reconnect with their strengths, rebuild confidence, and prepare for new paths.

Through shared experiences, skill-building, and mutual support, each woman is encouraged to embrace her journey toward resilience and independence.

Together, we foster a community where every participant can learn, grow, and step forward with renewed purpose and hope.



PROJECT OUTCOMES

EMPOWERMENT

Gain confidence to make informed decisions about their lives.
Develop essential skills to advocate for themselves and their needs.
Support each other as a collective.

RESILIENCE

Build resilience after adversity by developing effective coping strategies. Rediscover personal strengths as assets for new endeavours.

INDEPENDENCE

Acquire practical skills to prepare them for employment or entrepreneurship. This fosters their self-sufficiency and economic stability in the near future.



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