



Aboriginal Family Support Services
Together with the community

This workshop is delivered by AFSS in partnership with



Family Violence Legal Service
Aboriginal Corporation (SA)

Community Safety & Wellbeing

The Shark Cage®



Have you ever experienced abuse in your life and find yourself struggling to know how you can heal from the impacts?

Shark Cage® teaches us how to use our human rights as a way of setting up healthy boundaries.

'The Shark Cage' is a metaphor for empowerment and can be broken down into five steps:

Step 1: Introducing the Shark Cage Metaphor

Step 2: Renovating the Shark Cage

Step 3: Fixing the Shark Cage Alarm

Step 4: Defending the Shark Cage

Step 5: Recognizing Sharks and Dolphins

This program will help you to increase your knowledge of healthy & unhealthy relationships, build your capacity to set boundaries, increase your awareness of the impacts of abuse, and help you to recognise a potentially abusive or exploitive person.

Do you think this program would be helpful to you?

AFSS' Community Safety and Wellbeing team welcome you to participate in this culturally safe and confidential program being offered to participants across South Australia.

To find out more, please email csw@afss.com.au or contact AFSS CS&W team at:

Wingfield

1 Corner South & Grand
Junction Road - 8281 3440

Mount Gambier

20 Elizabeth Street
8723 6110

Port Augusta

8 - 10 Victoria Parade
8641 0907

Port Lincoln

21 Washington Street
8683 1909

Cooper Pedy

Lot 1991 Aylett Street
8672 3066



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