

Self-Empowerment for Women Program

The Self-Empowerment for Women program is a safe, engaging group, that supports women who have experienced relationship violence in their past or present. Women learn about family violence, its impact and new thinking and skills that empower them to move forward in a positive direction. Participants build healthy strategies and gain awareness which strengthens them to live a violence-free lifestyle based on safety, respect and equality in their relationships.

* Information

* Group Discussion

* Learning Activities

* Personal Self-reflection & Understanding

* Supportive and Respectful Environment



Lloydminster Interval Home Society

SAFETY • SUPPORT • EDUCATION

Emergency Shelter

- 24 hr safe shelter for women and children affected by violence and homelessness
- Practical and emotional support
- 24 hr Crisis Line: **780-875-0966**

Dol-Mar Manor: Second Stage Program

- Longer term housing providing support, programming and security
- Practical and emotional support

Community Programs

- Family Violence Outreach Services
- Public Education
- Group Programming for women, men, children and youth

'For The Interval' Store

- Shop-Donate-Volunteer

Lloydminster Community Youth Centre

- Recreational and leadership opportunities
- Hot meal program
- Practical and emotional support

Funders

Alberta Human Services Family Violence Prevention and Homeless Supports Division • Saskatchewan Ministry of Justice • City of Lloydminster FCSS • Town of Vermillion FCSS • County of Vermillion FCSS • Camrose Alberta Health Services • The United Way • Canada Summer Jobs • Husky Autumn Leaves Golf

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Phase I & II

Self Empowerment For Women



What you need to know about relationship violence.

Relationship Violence can affect anyone regardless of: gender, culture, race, economic status, age or religion. There are no boundaries!

Family Violence is the abuse of power within family relationships that harms the security, wellbeing or survival of another person.

Abuse is any behavior from one person to another that threatens or harms a person physically, emotionally, mentally, spiritually, sexually, financially or socially.

100% of children who witness family violence are negatively impacted by it. **They see, They hear, They feel.**

It is possible to move beyond the experience of family violence and build healthy relationships and lives that bring us happiness, security and hope.

Program Goals

1. To **promote safety, respect and equality** for all people in their relationships.
2. To **empower women** who experience abuse in their relationships, to discover their strengths, identify healthy choices and make positive changes in their lives.
3. To **create understanding about relationship violence** and its impact on children, family and self.
4. To **promote healthy relationship skills** that support an abuse-free lifestyle.

Phase 1 Topics:

- Understand Relationship Violence
- Building Healthy Relationships
- Whole Person Model:
 - Volitional Potential
 - Spiritual Potential
 - Mental Potential
 - Emotional Potential
 - Physical Potential
 - Social Potential
- Family Dynamics
- Stress Management

Phase 2 Topics:

- Personality and Personal Strengths
- Self Esteem
- Communication
- Understanding Anger
- Boundaries

How to Register:

Call our main line at 780-875-0966 to register your name and contact information on the interest list.

For more information contact the Program Coordinator at 780-808-5282 or email: kathryn@lloydintervalhome.com

What's the time commitment?

- Intake Interview, 30 minutes.
- 10 Weekly Group Sessions, 2 hours each.

A Program Facilitator will contact you 2 weeks before the first group session to confirm your interest and to set up an interview time.

Phase 1 :

10 sessions per group, morning and evening group times, offered in the fall and winter.

Phase 2:

6 sessions per group, morning and evening group times, offered in the spring.

Groups typically run on a week day; morning group 9:00-11:00 or evening group, 6:30-8:30.