

MOMS' EMPOWERMENT PROGRAM (English)

When moms are empowered, children thrive.

Wednesdays starting May 26 - July 14; Times: 12 - 1:30 p.m.

Moms' Empowerment Program uses an evidence-based model developed by Dr. Sandra Graham-Berman of the University of Michigan. This group has 8 sessions for mothers who have experienced abuse in intimate relationships.

Topics of the Group:

- Empowerment and safety
- Understanding of power and control
- Cycle of abuse and how to break it
- Intergenerational transmission of violence
- Effect of violence exposure on children
- Dealing with trauma and pain
- Assertive communication
- Conflict resolution
- Emotion regulation
- Stress Management

**For more information and to register please text
or call the facilitator at [604.785.0177](tel:604.785.0177)
Email: intake.DVIP@options.bc.ca**

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