

## **MOMS' EMPOWERMENT GROUP (Punjabi)**

*When moms are empowered, children thrive.*

Sundays starting Sept 12 - Oct. 31, 2021 Times: 10 - 11 a.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](mailto:intake.DVIP@options.bc.ca)**

This program is funded by:  
Civil Forfeiture Crime Prevention  
and Remediation Grant Program



Charitable Registration # 811786227 RR0001