

## **MOMS' EMPOWERMENT PROGRAM (English)**

*When moms are empowered, children thrive.*

**Wednesdays starting Jan. 26 - Mar. 16, 2022; 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](mailto:intake.DVIP@options.bc.ca)**

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