

MOMS' EMPOWERMENT GROUP (Punjabi)

When moms are empowered, children thrive.

Thursdays starting Feb. 24 - April 14, 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

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



Charitable Registration # 811786227 RR0001