

MOM'S EMPOWERMENT GROUP



Punjabi

When moms are empowered, children thrive.

Join the Mom's Empowerment Group

A supportive 7-session program for mothers who've experienced abuse in intimate relationships.

Together, we'll explore:

- Calming overwhelming emotions
- Managing daily stress
- Building confidence and safety
- Speaking up with strength
- Understanding the impact of violence on children
- Finding healing after pain

We offer [bus tickets](#), [snacks](#), and [childminding](#) to support your participation.

DATE & TIME:

Tuesdays, November 4 - December 16, 2025
10:00 a.m. to 12:00 p.m.

LOCATION: (in-person)

#101 13583 81 Avenue, Surrey, BC - V3W 3V8

For more information and to register, please text or call the coordinator at [604.830.8602](tel:604.830.8602) or by email: intake.DVIP@options.bc.ca

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