

MOM'S EMPOWERMENT GROUP



English



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, Sept 15 - Oct 27, 2026

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 [604.315.3506](tel:604.315.3506) or by email: intake.DVIP@options.bc.ca

Funded by: Ministry of Children and Family Development

Charitable Registration # 811786227 RR0001