

What you need to know about relationship violence:

RELATIONSHIP VIOLENCE

can affect anyone regardless of: gender, culture, race, economic status, age or religion. There are no boundaries!

FAMILY VIOLENCE

is the abuse of power within family relationships that harms the security, wellbeing or survival of another person.

ABUSE

is any behaviour from one person to another that threatens or harms a person physically, emotionally, mentally, spiritually, sexually, financially or socially.

100% OF CHILDREN

who witness family violence are negatively impacted by it. They see, they hear, they feel.

IT IS POSSIBLE

to move beyond the experience of family violence and build healthy relationships that bring us happiness, security and hope.

Learn more here:



Safety
Support
Education

SELF -
EMPOWERMENT
for women

FOR PROGRAM INFORMATION PLEASE CONTACT US

CALL	780.808.5282
EMAIL	communityoutreach@sparklloydminster.ca
WEB	sparklloydminster.ca
MAIL	Box 1523, Lloydminster, SK S9V 1K5

CRISIS & SUPPORT LINE 24 HOURS A DAY, 7 DAYS A WEEK

CALL	780.875.0966
TEXT	780.808.1777

 **SPARK**
FOUNDATION OF LLOYDMINSTER



ABOUT THE PROGRAM

THE SELF-EMPOWERMENT FOR WOMEN PROGRAM

The Self-Empowerment for Women Program is a safe and engaging group that supports women who have experienced relationship violence in their past or present.

Women learn about family violence, its impact, and new thinking and skills that empower them to move forward in a positive direction. Participants build healthy strategies and gain awareness which strengthens them to live a violence-free lifestyle based on safety, respect and equality in their relationships.

PROGRAM MATERIAL

- Information
- Group Discussion
- Learning Activities
- Supportive & Respectful Environment
- Personal Self-Reflection

PROGRAM GOALS

1. To promote safety, respect, and equality for all people in their relationships.
2. To empower women who experience abuse in their relationships to discover their strengths, identify healthy choices, and make positive changes in their lives.
3. To create understanding about relationship violence and its impact on children, family, and self.
4. To promote healthy relationship skills that support an abuse-free lifestyle.



MORE INFORMATION

WEEKLY GROUPS

MORNINGS | 9:00 - 11:00 AM

Free childcare is available for children aged 0-6

EVENINGS | 6:30 - 8:30 PM

PHASE 1: FALL/WINTER

TEN SESSIONS | TOPICS COVERED:

- *Understand Relationship Violence*
- *Building Healthy Relationships*
- *Whole Person Model:*
 - Spiritual, Mental, Emotional, Volitional, Physical, and Social Potential*
- *Family Dynamics*
- *Stress Management*

Sign up for Phase 1 here:



PHASE 2: SPRING

SIX SESSIONS | TOPICS COVERED:

- *Personality and Personal Strengths*
- *Self-Esteem*
- *Communication*
- *Understanding Anger*
- *Boundaries*

Sign up for Phase 2 here:

