

## **YWCA Edmonton Counselling Services: Towards Healing**

### **~ A Women's Domestic Violence Support Group ~**

#### **DESCRIPTION:**

This is a weekly support group for women impacted by domestic violence. This group will provide participants the opportunity to: create new social connections and networks of support, to nurture their sense of resiliency and mental health, enhance their understanding of domestic violence, its impact on their lives, and their relationships with others. Various topics will be introduced and discussed such as the cycle of violence, red flags in relationships, intergenerational trauma, coping with loneliness and isolation, self-care, forming healthy boundaries, navigating relationship strain, self-compassion, etc. It is intended that members will share ideas and discuss these topics and issues as they relate to their own experience. Members will also be invited to participate in arts, crafts, or activities relevant to the topic areas.

#### **REQUIREMENTS:**

In order to participate in this group you must: 1) Identify as female; 2) Be 18 years of age or older; 3) Complete an intake session to determine group eligibility; 4) Provide consent to participate in the group (if client is mandated to attend, client must provide their *willing* consent to participate); 5) Commit to being a respectful group member; and 6) Understand that there is zero tolerance for active use of drugs or alcohol immediately prior to and during group sessions.

#### **OBJECTIVES:**

1. To develop awareness about the risks (e.g., red flags) and potential outcomes related to domestic violence.
2. To dispel myths and misinformation about domestic violence.
3. Reduce isolation and provide a network of support.
4. To inform about helpful community resources.
5. To provide a supportive, caring, and safe environment for exploring and sharing personal experiences.
6. To provide a safe space to begin the processing of healing from the effects of domestic violence.
7. To assist in the development of greater problem solving and assertiveness skills.
8. To enhance resiliency, provide opportunities for choice and encourage self-determination.

#### **ADDITIONAL INFORMATION:**

**Time Frame:** Group will run weekly until further notice (except for holidays & dates the facilitator is away)- members will be told in advance if a date is cancelled

**Start time:** 6:00 pm to 8:00 pm (group may end earlier some weeks)

**Format:** Group will occur in-person, with limited spots by Zoom if needed

**Maximum number of participants allowed:** approximately 10 participants.

**Cost:** This group is offered on a pay-what-you-can model or by donation. All proceeds from this group will be used to purchase program supplies (e.g. speciality refreshments, art supplies etc.).

**FACILITATOR:**

**Megan England** (she/her) is a Registered Provisional Psychologist and has worked in mental health for over 8 years. She uses emotion-focused and trauma informed approaches in her work with clients. Over the years Megan has developed a passion for supporting clients navigating trauma, shame, anxiety, and depression. In the past, Megan has been involved in multiple psychoeducational groups and is looking forward to facilitating groups again.

Megan co-hosts this group with practicum students over the course of the student's term with the YWCA. The current co-hosts are **Sarah Paniak** (she/her) and **Hunter Volk** (he/him). Both co-hosts are finishing their Master's in Counselling Psychology. Sarah is a student at Athabasca University and Hunter at the University of Lethbridge; their practicums end April 2024.

**How to Sign-up:**

Interested participants need to contact our service coordinator at 780-970-6501 or email them at [counselling@ywcaedm.org](mailto:counselling@ywcaedm.org) to complete an intake information package and to schedule an intake with one of the group facilitators.