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YWCA Edmonton Counselling Services: Towards Healing
~ A Women's Domestic Violence Support Group ~

DESCRIPTION:

Towards Healing is a support group for women and gender diverse folks impacted by domestic violence. Support groups focus on members giving and receiving support to one another; facilitators also provide support and psychoeducation. This group provides participants the opportunity to: create new social connections and networks of support, nurture their sense of resiliency and mental health, and enhance their understanding of domestic violence, its impact on their lives, and their relationships with others. Our group focuses on the needs of each participant, which means we cover various topics. Common topics include: the cycle of coercive control, red flags in relationships, trauma, coping with loneliness and isolation, self-care, healthy boundaries, navigating relationship strain, self-compassion, etc. We encourage members to share and discuss these topics as they relate to their own experience.

REQUIREMENTS:

In order to participate in this group you must: 1) Identify as female or gender diverse; 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 (mandated clients must provide their *willing* consent to participate); 5) Commit to being a respectful group member; 6) Understand that there is **zero tolerance** for active use of drugs or alcohol immediately prior to and during group sessions; and 7) If online, commit to join from a private space.

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:

We are planning to run two groups from Fall 2026 to June 2027. Each group will run **biweekly** (i.e., two times per month). **Both** groups will be **open** – **one** group will run only **online**, and **one** group will run only **in-person**. See below for information on each group.

In our ***online*** **open group**, news members can join throughout the year.

- **Ideal for:** members who need flexibility due to life factors, or who plan to attend group when convenient or as needed.
- This group is fully online.
- Members must be able to participate online (via Microsoft Teams) from a private meeting space.
- Maximum number of participants: flexible
- Time: Tuesdays (6-8PM), bi-weekly.

In our ***in-person*** **open group**, news members can join throughout the year.

- **Ideal for:** members who need flexibility due to life factors, or who plan to attend group when convenient or as needed.
- This group is fully in-person.
- Provides opportunity for members who prefer to connect in-person and/or online attendance is not appropriately (e.g., do not have a private meeting space).
- Maximum number of participants: flexible
- Time: Tuesdays (6-8PM), bi-weekly.

Cost: Both groups are offered on a pay-what-you-can model or by donation.

FACILITATORS:

Kendall Deleurme, Ph.D, (she/her) is a Registered Provisional Psychologist at the YWCA Edmonton, and has worked in mental health for over 7 years. She uses humanistic, acceptance and commitment, cognitive behavioural, and trauma-focused approaches in her work. Using a cultural and trauma-informed lens, and prioritizing her own self-care, are central to her practice. Kendall helped facilitate Towards Healing in 2025 and is grateful to be back!

Kendall co-hosts this group with two volunteers. The co-hosts for the 2026-2027 year are **Carley Aquin,** M.Ed., (she/her) and **Ben Rollans,** M.Ed., (he/him). Carley recently completed her Master's in Counselling at the University of Alberta. Ben is a doctoral student in Counselling at the University of Alberta.

How to Sign-up:

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