

MAKING CONNECTIONS: A Group For Women

Group start: September 5, 2018 Limited spaces

WEEKLY AGENDA

Phase I: Building A Foundation for Understanding Women's Experiences of Abuse

Week 1—Welcome

Core Learning Activities: Creating a Safe Space for Women

Week 2—Understanding Men's Use of Abuse in Relationships

Core Learning Activity: Cycle of Abuse—Abusive Partner's Behaviour

Week 3—Understanding Women's Experiences of Abuse

Core Learning Activity: Cycle of Abuse—Women's Experience

Week 4 & 5—Understanding the Many Forms of Abuse

Core Learning Activity: Power and Control Wheel

Week 6 & 7—Shifting from Blame to Impacts of Abuse

Core Learning Activity: Impacts Exercise

Phase II: Supporting Women to Understand Their Partners' Responsibility for Abuse

Week 8—Shifting from Blame to Impacts of Abuse (Continued)

Core Learning Activity: Reframing Women's Response to Abuse: Safety, Strengths and Impacts

Week 9—Why is My Partner Abusive?

Core Learning Activity: Central, Superior and Deserving: Looking Through the Lens of the Abuser

Week 10 & 11—Am I Responsible for the Abuse?

Core Learning Activity: First Incident of Abuse

Phase III: Rebuilding and Finding Hope

Week 12 & 13—Grief, Loss and Rebuilding

Core Learning Activity: Art Project

Week 14 & 15—Hope, Healing and Support

Core Learning Activity:

Week 16—Closing Celebration