

Women's Circle of Safety

Awo Taan Family Wellness/ParentLink Centre

- 4518 17 Ave SE-

Every Wednesday at 12:30pm

Lunch will be served at 11:30am

- * The types of violence
- * Power and control issues
- * Parenting after separation
- * Safety planning
- * Healthy relationships

- * The cycle of abuse
- * The multigenerational effects
- * Children and violence
- * Self-esteem and self care
- * Healthy boundaries

This circle aims to increase awareness about the effects of family violence while supporting the healing process.

Any Questions Contact:

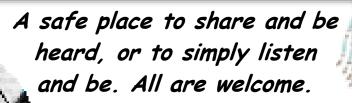
Vinette or Lorelyn (403) 531-1880 ext 106/108

Email: <u>vinnetts@awotaan.org</u> lorelynj@awotaan.org

Website: www.awotaan.org

If you are in immediate crisis involving Family Violence Please call our 24hr Crisis Line (403) 531-1972 or 1976

parentLINKcentre



- * Elder support
- * Child care available during the circle only
- * A monthly draw for a door prize!
- * Bus tickets
- * Letters of attendance can be provided
- * No registration needed
- * FREE workshop

Government of Alberta