



# 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: [vinnetts@awotaan.org](mailto:vinnetts@awotaan.org)

[lorelynj@awotaan.org](mailto:lorelynj@awotaan.org)

Website: [www.awotaan.org](http://www.awotaan.org)

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



*A safe place to share and be heard, or to simply listen and be. All are welcome.*



- \* 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**

**parentLINKcentre**

**Government  
of Alberta** ■