

MOMS' EMPOWERMENT GROUP (Punjabi)

When moms are empowered, children thrive.

Every Tuesday, January 4 – Feb 25, 2025 | Time: 9:30 - 11:30 a.m.

IN PERSON at: #101 13583 - 81 Avenue, Surrey, BC V3W 3V8

Moms' Empowerment Group uses an evidence-based model developed by Dr. Sandra Graham-Berman of the University of Michigan. This group has 8 sessions for mothers who have experienced abuse in intimate relationships.

Topics of the Group:

- Empowerment and safety
- Understanding of power and control
- Cycle of abuse and how to break it
- Intergenerational transmission of violence
- Effect of violence exposure on children
- Dealing with trauma and pain
- Assertive communication
- Conflict resolution
- Emotion regulation
- Stress management

For more information and to register please text or call the coordinator at **604.830.8602**

Email: intake.DVIP@options.bc.ca

⇒ **Bus ticket,**
⇒ **snack and**
⇒ **childminding services**
will be available.

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and Family Development (MCFD)

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