

Women in Need (WIN/PAR) Program



WIN is offered to women who are experiencing difficulty or in conflict with the law

W.I.N. provides women with the opportunity to learn and reflect about:

- Domestic violence
 - Risk factors for violence
 - Safety planning
 - Effects of violence
 - Emotional regulation
 - Behavioural analysis
 - Distress tolerance skills
 - Assessing our social networks
 - Trauma and sensory soothing
 - Self-care
- Sessions begin with short mindfulness practice

To Register

March 2018 – by appointment (343-4558)

Friday April 6, 2018 at 1 pm

Friday May 4, 2018 at 1 pm

Next WIN Program Date

To be determined

(WIN is a psychoeducational group that runs for 10 weeks)

Contact: Karin Almuhtadi, MA

WIN (PAR) Group Facilitator

Catholic Family Development Centre (380 Dufferin St.)

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