



## **Finding Our Voices:**

Finding our Voices provides support and opportunities to connect with peers while focusing on issues related to self-esteem over the course of 6 weeks. Participants address the impact of self-image, effective communication, shame and compassion and healthy relationships with ourselves and others all while “Finding our Voices”.

Each group is approximately 3 hours long and includes experiential learning that allows participants to connect with the facilitator and each other.

### **Sessions**

### **Learning Objectives**

#### **Curating the Environment**

Self-Esteem  
Embracing Vulnerability  
Creating Change

#### **Self-Image**

Defining Body Image  
Our Understanding of Beauty  
Creating Change

#### **Communication**

Communication Styles  
Understanding Effective Communication  
Creating Change

#### **Reconnecting with Yourself**

Understanding Shame  
Building Compassion  
Creating Change

#### **Relationships**

My Needs in a Relationship  
Building Relationships  
Creating Change

#### **Moving Forward**

Integrating Experiences  
Recognizing Our Strengths

## **Growth Circle:**

Growth Circle runs for 14 weeks and provides opportunities for women to connect with peers while working through topics related to experiences of domestic violence. Participants address topics such as: understanding domestic violence, effects of abuse, family of origin, shame and compassion, creating healthy support systems, building personal power and integrating new skills moving forward.

Each group is approximately 3 hours long and includes experiential learning that allows participants to connect with the facilitator and each other

### **Sessions**

### **Learning Objectives**

#### **Curating the Environment**

Understanding Change  
Think Feel Do  
Embracing Vulnerability and Self-Compassion

#### **Understanding Domestic Violence**

Understanding Domestic Violence  
Myths and Language  
Honouring Resistance

#### **Examining Our Values**

Identifying Values  
Living Outside Our Values  
Finding Balance

#### **Effects of Trauma**

Understanding Trauma  
Grounding Ourselves  
Recognizing and Responding to Triggers

#### **Mindfulness**

Settling Our Minds  
Building Mindfulness Skills  
Supportive Coping

#### **Connecting to Our Emotions**

Breaking Down Anger  
Identifying Emotions  
Using Emotions to Drive Change

#### **Shame and Empathy**

Understanding Shame  
Breaking Down Limiting Beliefs  
Building Self-Compassion and Empathy

#### **Boundaries**

Identifying Boundaries  
Boundaries for Safety  
Building Supportive Boundaries

**Family of Origin**

Understanding Family of Origin  
Breaking Patterns  
Building a Family of Choice

**Support Systems**

Identifying Support Systems  
Building Communities  
Embracing Diversity of Support Systems

**Healthy Sexuality**

Reclaiming Healthy Sexuality  
\*2 sessions delivered by Calgary Sexual  
Health Centre

**Resiliency**

Creating from Courage  
Empowerment in Action  
Recognizing Change

**Honouring Our Journey**

Integrating Experiences  
Honouring Our Story  
Moving Forward