

STRENGTHENING FAMILIES GROUP

By Cheryl Nowshadi,

Cowichan Women Against Violence Society

Week 1: GETTING TO KNOW YOU

Session Aims:

- Introduce group
- Introduce each other
- Begin sense of group safety
- Group Rules
- Introduce topic of family violence

Week 2: FEELINGS & FAMILIES

Session Aims:

- All feelings are okay
- Importance of talking/expressing how you feel
- Importance of developing feeling vocabulary and to integrate opportunities to express and label feelings at home
- Family messages
- Introduce Safety planning

Week 3: HEALTHY COMMUNICATION

Session Aims:

- Types of communication (verbal vs non verbal)
- Effective communication (including listening)
- Communication Blocks
- Healthy ways to express feelings (i.e. anger, fear, sadness, joy)

Week 4: CREATING PHYSICAL AND EMOTIONAL SAFETY

Session Aims:

- Physical Safety Planning
- Emotional Safety Planning
- Reinforcing Group Safety

Week 5: HEALTHY BOUNDARIES

Session Aims:

- How to set boundaries
- Practicing assertiveness
- Healthy relationships with self/ others

Week 6: CONFLICT RESOLUTION

Session Aims:

- Children's Anger (healthy ways to express)
- Conflict resolution (ABC's)
- Secrets vs surprises
- Family Changes – How stress affects everyone
- Coping with Stress

Week 7: CREATIVITY & NURTURING

Session Aims:

- Exploring Safe Places/People
- Creativity – how it helps children cope with trauma
- How to give and receive nurturing

Week 8: SELF-ESTEEM

Session Aims:

- Listing 10 Positive qualities of child/self
- Explore what makes us feel good
- Identify strengths and talents
- Understand how violence makes us feel
- Experience being valued within the group

Week 9: CELEBRATION!

Session Aims:

- Evaluations
- Celebration
- Certificates
- What will you take from this group?