

The Outreach Centre:

What is the Outreach Centre?

CAWOS began in 1984 as an agency devoted to supporting women affected by family violence. This continues as a special emphasis in programming, public service and public education. Today we have expanded our programming to help all individuals meet their personal goals and find solutions to the barriers they face.

Mission: Working to end family violence and poverty by supporting people in their pursuit of a safer, healthier more secure life.

Mandate: Help people address domestic abuse and overcome the effects of poverty through the development of effective partnership, relationship, education and programs.

Our model is to provide families with a variety of formats in which to learn more effective coping skills and options for making positive choices in their lives and the lives of their families.

If you have any questions or concerns please contact The Outreach Centre at 403-347-2480.

Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead

Even the smallest piece of the puzzle is needed to complete the picture.

The Women's Outreach would like to acknowledge and thank all our funders who help to financially support our programs and services to help us strengthen the lives of families in Central Alberta.

The Women's Outreach is funded in part by:

Alberta Health Services

Alberta Law Foundation

Central Alberta Child and Family Services

Family and Community Support Services

Private/Anonymous Donors

Justice and Solicitor General

Canadian Women's Foundation

United Way of Central Alberta

Alberta Human Services

The City of Red Deer

Service Canada

Hours of Operation

Monday thru Friday

8:15 - 4:15

(Open through lunch hour)

You can find us at:

4101-54 Avenue

Red Deer, Alberta, T4N 7G3

Contact us at:

Phone: (403) 347-2480

Toll Free at : 1 (866) 347-2480

e-mail at: outreach@womensoutreach.ca

On the Web at: www.womensoutreach.ca

The Outreach Centre Groups



If you want to go somewhere fast, go alone

If you want to go far, go together

~african proverb~



Kid Power

This is a play therapy group for children who have been affected by domestic violence. There is a separate psycho-educational group for parents whose children have been affected by domestic violence. The groups run for 10 weeks. The children's portion and parents' portions are run separately

Children's Portion

The primary goals of Kid Power are to encourage children to:

- Learn what abuse is.
- Learn to express feelings and thoughts about experiences such as separation or loss, family violence and other stressful family events.
- Develop a safety plan.
- Learn to express anger in a healthy manner.
- Improve problem solving skills.

Parent's Portion

The primary goals of the parenting program are to encourage parents to:

- Better understand their child's world through the use of empathy.
- Become aware of messages they received in their childhood and how it affects their parenting today.
- Become aware of the difference between punishment and discipline.
- Become aware of the difference between effective and ineffective communication skills.
- Become aware of the long range consequences of different discipline methods.



Women's Domestic Violence Group

A psycho-educational group for women 18 and older who have been affected by domestic violence. This group provides women with a place to sit with peers and empower themselves through learning about relationship dynamics and positive self image.

This is a free group, that works on understanding the dynamics of abuse, healthy relationship building and personal growth. After the group sessions they can advance to our Boundaries group to further strengthen their resolve.

The group is drop in and does not require registration at this time. Space is limited and is first come first serve.



Boundaries

What is Boundaries Group?

This program helps and supports women wanting to learn about creating healthy boundaries. In a group atmosphere our qualified facilitators will teach the skills necessary to maintain healthy relationships.

Participants in the Boundaries Group will learn the tools to identify and assert healthy boundaries. Some of the topics include defining boundaries, asserting individual rights, understanding and managing anger, learning effective communication and conflict management skills, self esteem, setting priorities and goal development.

There is a \$25 fee for this group



Men's Group

What is our Men's Group?

This is a therapeutic program for male victims of violence in an intimate partner relationship. It is a program that focuses on therapeutic change for men who want to be part of a healthy relationship and have a non-abusive future. The program addresses issues of abuse in intimate relationships and offers methods of coping with its effects.

The goal of the program is for participants to:

- Recognize and understand abuse dynamics
- Take responsibility for choices related to their own and their children's well-being
- Gain confidence in their ability to co-create healthy, abuse-free relationships

There are four principle sections in the group, each section building on the knowledge and understanding gained in the previous components.

- Validation that the men are, or have been, victims of abuse.
- Identification and recognition of abusive behaviors.
- Challenging prevailing belief systems.
- Regaining confidence in the ability to have healthy, non-abusive relationships.