

## **West Prince Family Violence Prevention Cooperative**

### **Confidential crisis and support service to women and their children who are affected by abuse.**

- One-on-one support and encouragement
- Assistance in looking for permanent accommodations
- Public education sessions, presentations & community liaison
- Library of resource material
- Information about services in the community and help accessing services you need.
- Private and confidential appointments
- Help for you and your children to deal with the effects of living with abuse.

### **Support Groups:**

Eleven week “Liberty” support group program for women who have survived abuse with their male partners. In eleven two-hour sessions, the group offers women the chance to learn more about family relationships, the uses of power and control, why women stay with abusive men, how to set good boundaries and limits on their relationships and how to be good to themselves.

Thirteen week “Beyond Liberty” support group program. Was developed in response to requests from women who had completed the Liberty Program. The Beyond Liberty program will provide an opportunity for women who are survivors of family violence to participate in a second level support group. The sessions are designed to allow women to explore their thoughts and feelings and to strengthen their self-esteem, self-confidence, trust-building and ability to make healthy choices.

### **Next Step Housing:**

Security Housing for women and children who can no longer remain in their homes because of abuse. Safe housing offers you and your children a chance to: assess your situation and make sound decisions; make plans and put those plans in action; take control of your lives.

What we offer:

- \* supportive, comfortable housing/partially furnished
- \* 2-three bedroom units
- \* cooperative living environment
- \* a 9-12 month term of residency
- \* affordable rent
- \* violence free environment
- \* cable, grass cutting and snow removal
- \* alarm system

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