

Parenting Group for Women Survivors of Conjugal Violence

Combining *theory* and *art*

“Parenting is the most important role we play in life... [and] the best way to promote healing and health in children who lived with violence... Stopping exposure to violence was the best thing you could do for your children.”

**Excerpt from Helping Children Thrive: Supporting Women Abuse Survivors as Mothers*



Topics:

- ✓ Family dynamics in abusive relationships
 - ✓ What children learn from violence
 - ✓ Parenting tips
 - ✓ Discipline vs. punishment
 - ✓ How children cope with violence

Each session will begin with a *theory* component and will end with an *art* activity related to the topic. The art component will be used to promote relaxation, self-awareness and insight into relationships.

Organization: Shield of Athena Family Services

Location: Shield of Athena, Montreal Office (Park Extension)

Group Language: English

Contact Person: Cyndi Masi, BSW

Group Dates: Fridays: **September 9 to October 21, 2011**

Time: 10 a.m. to 12 p.m.



*Please be advised that there will be a screening process. All interested must contact Cyndi at (514) 274-8117. Spaces are limited.