

Domestic Abuse Workshop

It is important to understand the different forms of abuse that can take place within relationships and to make sure you are not a victim.

Domestic abuse crosses all cultures, races and levels of income. No one deserves to be abused!

The Goal of this Workshop is:

To understand all types of Domestic Violence

Understand the ways that Family Violence can be stopped

To learn about the cycle of Family Violence and how to create a safety plan

To understand what is physical abuse?

To understand what is emotional abuse

To understand what is sexual abuse

Who are the victims?

Who are the abusers?

What is the cycle of Family Violence?

How to get out and stay safe

This 4-day workshop can be brought to your community or delivered in our office setting.