PATHWAYS FOR VICTIMS OF DOMESTIC VIOLENCE

Domestic Violence Educational Awareness Courses

Domestic Violence Programs are available using Virtual Zoom Meetings. Each innovative course is designed to meet the needs of victims through awareness.

Steps 1: Intake
Step 2: Referral Process
Step 3: Interview
Sept 4. Registration
Sept 5. Orientation
Step 6: Acceptance Letter
Step 7: Receive Materials
Step 8: Receive and Sign Agreement Forms
Step 8: Start Class

The Future of AI DV Awareness Classes
Now, imagine a world where humanity has developed the ability to communicate telepathically through a neural network that connects everyone globally. This network not only allows for instant sharing of thoughts and ideas, but it also helps us understand each other on a deeper level, reducing misunderstandings and conflicts. Well, we may not be able to develop a telepathy community, but we can naturalize communication on another level without violence. A holistic approach of diving deeper into the minds of survivors, adding innovative classes using AI systems and team building.

AI could offer personalized support and real-time monitoring, helping identify signs of emotional distress or patterns of behavior that need attention. It could provide tailored resources, like coping strategies or communication techniques, and even offer a safe space for survivors to express themselves anonymously. Plus, it could connect survivors with support groups or professionals instantly. Essentially, it would create a more responsive, supportive, and personalized experience that could really help people heal and grow.

The Future of AI DV Parenting Classes
Imagine a parenting class in the future where parents can connect directly with their child's thoughts and emotions through this neural network. It would make understanding your child's needs, feelings, and even their thoughts so much easier. It would also allow parents to tailor their guidance and support in real time, fostering a deeper connection and helping them raise emotionally intelligent and resilient kids. Moreover, AI can help parents understand the value of parenthood by creating a safe and nurturing environment, teach healthy communication, and help parents build trust with their kids.

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Project Reload

Project Reload helps survivors of domestic violence rebuild their lives. We offer comprehensive support so they can move beyond past trauma, establish healthier patterns, and step into a brighter, more empowered future.

We believe the brain has a remarkable ability to adapt and change, a concept known as neuroplasticity. Research in neuroscience has shown that various activities and lifestyle changes can positively impact brain function including memory and focus. Providing innovative concepts of domestic violence classes, we can help victims shift their focus towards a lifestyle of change with guided resources and stimuli.

There is evidence that therapy and other forms of counseling can help reprogram thought patterns and behavior approaches, such as cognitive-behavioral therapy (CBT) and other forms of counseling can help reprogram thought patterns and behavior, empowering individuals to build healthier future. Moreover, using energy, a source of anti-depressant treating anxiety and PSTD.

While these activities may not directly regenerate brain cells, they can significantly support the alternative to mental health. Holistic Wellness is the new wave of connective energy and to enhance brain waves as a booster to the future.

The angle in science would be the following:
1. Neuroplasticity
2. Pharmacotherapy
3. Cognitive Rehabilitation
4. Neurofeedback
5. Transcranial Magnetic Stimulation (TMS)
6. These Scientific approaches are often used in combination with holistic methods to provide comprehensive support.

26 Weeks Domestic Violence Prevention Course (Adults)

Students will learn domestic violence, human trafficking, child abuse and neglect, stalking, sexual assault, Order of Protection, police and the community, love and relationships, self-evaluation, diversity, equal justice, social media dating and awareness, safety planning, narcissistic abuse, isolation, parenting, drug and alcohol abuse, financial exploitation, coercion, love bonding and more. This program helps victims to gain knowledge and end suffering due to trauma.

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26 Weeks Anger Management Intervention Course (Adults)
Understanding aggressive behavior and how to manage it. Participants will learn to recognize: Childhood trauma, extreme physical violence, disorganize thinking, motor behavior, grandiose, delusions, erotomania, persecutory, somatic, hallucinations, stressors and ramification**.**

26 Weeks Domestic Violence Prevention and Mind Stream Alternatives (Adults)
Explore the many dimensions of domestic violence, human trafficking, and sexual assault, along with recovery and treatment planning. Examine how managed care services support and assist victims. Gain insight into the mind through cognitive science and learn how to break down harmful thought patterns and rebuild them with practical solutions for a fresh start in life. This workshop centers on foundational building blocks and behavioral psychology.

52 Weeks Domestic Violence Intervention Course for the Aggressor (Adults Only)
This program is an intense program geared towards healing and crossing over to new beginnings. We help the aggressor to communicate better with others, develop empathy, acknowledge actions, and withdraw from outburst. To silence the voices within, aggressors learn mindfulness and recognize self. The aggressor will learn new approaches to relationships, partnerships, friendships and how to save their marriage or relationship from falling apart. The aggressors will also learn structure, accountability, quiet time, boundaries, listening skills, peace, joy, and true happiness. The aggressor will also recognize their good deeds to manage their anger and to celebrate the moment in the present moment. This program is to help the aggressor to build a firm foundation of learning and listening skills.

Holistic Group Wellness Support Program –Complementary Practices under California BPC Sections 2053.5 and 2053.6--is a non-clinical, non-diagnostic program designed to provide alternative supportive practices distinct from professional clinical therapy or mental health counseling.

Under strict compliance with California law, it does not involve diagnosis or treatment of mental health conditions but instead offers a complementary approach to personal growth and self-development.

Music and Art Wellness Support Program complements the Holistic Group Wellness Support Program by providing a creative, non-clinical outlet for self-expression and healing. Through guided music and art activities, survivors of domestic violence can explore resilience, empowerment, and personal growth, all within a safe, supportive environment such as their home, shelter, or rehabilitation impatient care facility.

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Toxicology Alcohol and Drug Abuse Wellness Support Program as part of The Holistic Group Wellness Support Program, and the **Music, Art, and Wellness Support Program**, offers a non-medical approach to alcohol and drug abuse awareness. While not a diagnostic or treatment service for mental health, it educates participants on the physical degradation caused by substance misuse, affecting the muscles, bones, central nervous system, brain, and internal organs. The goal is to disrupt the cycle of addiction by raising awareness and fostering resilience. This program is not a substitute for alcoholics Anonymous but serves to complement and empower a new generation toward greater self-awareness and growth.

Volunteer Career-Base Empowerment Program is designed for victims of domestic violence to re-enter society with confidence and purpose. By connecting participants with volunteer opportunities in the community, we foster personal group, career development, and leadership. As participants build skills and engage with their communities, they gain renewed potential to shape their futures, inspire their children, and become powerful role models of resilience and achievement.

Holistic Empowerment Program for Victims of Domestic Violence
The Holistic Empowerment Program, "Codependency No More" is a peer-led, non-licensed initiative grounded in holistic wellness. It provides survivors of domestic violence and codependency with practical skills, therapeutic practices, and personal development tools to reclaim autonomy—without being a licensed therapy service.

Holistic Neuroplasticity Program is designed for survivors of domestic violence, harnessing the science of neuroplasticity to rewire the brains responses to trauma. Through guided mindfulness, affirmations, somatic practices, and cognitive restructuring, participants cultivate new, empowered neural pathways. This comprehensive approach fosters resilience self-regulation, and a future defined by agency and self-trust.

The program is designed as a self-empowerment framework, not a licensed therapeutic intervention. It draws on evidence-based neuroscience and holistic practices, but it does not provide clinical therapy or required licensure.

C**ognitive Rehabilitation and Neurofeedback Program** integrates structured cognitive exercises with neurofeedback and transcranial magnetic stimulation (TMS). Designed to support individuals recovering from trauma or neurological disruptions, the program uses real-time brain training to enhance attention, memory, and emotional regulation. Under medically informed guidance, TMS provides targeted neural stimulation, while neurofeedback helps retrain brain patterns, fostering cognitive resilience and adaptive change.

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Designed as a holistic, non-licensed intervention, this program supplements medical care rather than serving as clinical treatment. Although trained facilitators and medical consultants guide it, it is not a substitute for licensed therapy or clinical supervision.

Holistic Accountability Program is a structured, empowering course that combines personal reflection, goal setting, and group support to foster responsibility and growth. Drawing from mindfulness, cognitive behavioral strategies, and community accountability, participants take ownership of their healing journey, build trust in themselves, and cultivate lasting changes within a supportive, non-judgmental environment.

Character Transformation Program empowers individuals to re-script their life narrative beyond early trauma. For those who grew up in abusive or destructive environments, this class offers a pathway to reshape character and identity. Through guided self-inquiry, strength-based practices, and personal accountability, participants dismantle old patterns and consciously build authentic, resilient selves--rooted in self-awareness and propose.

Freedom in Connection Holistic Wellness Program is designed for survivors of relational abuse and trauma. Rooted in mindfulness, boundary setting, and self-empowerment, this program offers a safe, supportive environment where participants cultivate inner freedom. Through guided practices, reflective exercises, and peer connection, they reclaim autonomy—choosing safe paths, healthy relationships, and a life where their choices define their worth.

Path to Independence Holistic Wellness Program is designed to break the cycle of dependency by cultivating self-sufficiency Centered on practical skills, career development, and financial literacy, it offers participants a clear pathway out of the welfare system. Through goal setting, vocational coaching, and mindful money management, participants develop sustainable employment, stable housing, and a self0directed future. Alongside peer mentoring, children are also engaged in stability practices through parental guidance, breaking generational cycles and fostering lasting change.

This is a non-licensed program focused on empowerment and practical skill-building. While it integrates guidance from career and financial professionals, it does not replace licensed therapy or clinical services—it's a framework to foster independence and lasting stability.

Nourished Self Holistic Hygiene Program is a gentle, personalized pathway designed for individuals with chronic mental illness who struggle with daily hygiene. This program integrates sensory-friendly routines, micro-steps, and compassionate accountability. By breaking tasks into small, manageable actions—like refreshing with a face cloth or changing one garment at a time – participants re-engage with their bodies at their own pace. Supported by a trauma-informed guide, the program uses grounding techniques, positive reinforcement, and individualized pacing

so participants feel safe, respected, and gradually reconnected to self-care as a daily ritual, not a burden.

The Nourished Self Program is a non-licensed, holistic support framework, it is not a substitute for clinical care or therapy; rather, it provides structured self-care guidance, grounded in empathy and small steps, to help participants re0engage with hygiene on their own terms.

Holistic Sex Addiction Wellness Program designed specifically for individuals and their partners navigating sex addiction combined with **Yin & Yang Holistic Healing Path Wellness Program** centered on balanced self-awareness embodied empathy, and relational reconnection. Grounded in Taoist principles of yin and yang, the program invites participants to cultivate balance between desire and restraint, self-compassion, and accountability. Through somatic practices, mindfulness meditation, and guided journaling, participants build an empathetic awareness of their triggers, fostering insight into the impact on their partner. Using trauma-informed practices, couples are guided through mutual communication, compassion-building exercises, and mindful touch (when appropriate), helping them reconnect authentically. Alongside, a weekly group circle integrates yin/yang reflection, cognitive reframing, and somatic awareness, creating a sustained healing journey for both individuals and partnership.

Alchemy Transformation and Clarity
This Pathways class uses alchemy as a symbolic framework for personal transformation. Through guided reflection, meditation, affirmations, and practical exercises, participants explore identity, boundaries, discipline, structure, behavior, and alignment. Survivors identify patterns they want to change, recognize their strengths, and build steps toward safety, independence, and a renewed sense of purpose.

The class provides non-clinical education and holistic support within the 26-week Domestic Violence Prevention program.



Pathways Happy Family Class

This family-centered educational class helps adults, parents, caregivers, siblings, and other family members strengthen relationships and develop practical skills for a healthier future. Students explore communication, active listening, emotional awareness, personal accountability, respectful boundaries, and connections across generations. Guided discussions, storytelling, role-play, and realistic scenarios address family disagreements, caregiving roles, financial and inheritance disputes, and future planning. Participants may enroll individually even when relatives do not participate. The class supports stronger connections while honoring dignity and independence; reconciliation or reunification is never required, and safety, consent, and personal boundaries come first.

Fatherhood Reclaim Class

Based on Fatherhood Reclaimed - The Road Back to Your Children, this structured educational program helps fathers and father figures rebuild stability, take responsibility, and strengthen safe, dependable relationships with their children. Its 12-module pathway addresses safety, daily stability, substance-use awareness and referrals, emotional regulation, child development, integrity, financial responsibilities, legal-resource navigation, respectful co-parenting, and consistent involvement. Students practice communication, organize goals, and develop a 90-day Fatherhood Restoration Plan. Child safety and applicable court orders guide all reconnection efforts. Participation does not guarantee custody, visitation, or reconciliation, and children and other caregivers are never pressured to reconnect.

Pathways Future Justice Lab

The Virtual Class of Tomorrow

This interactive virtual class introduces legal rights, justice, and victim advocacy through case research, writing, storytelling, case analysis, and simulated courtroom proceedings. Students work in teams using seven learning codes: Discover, Decode, Reconstruct, Express, Simulate, Evaluate, and Transform. Activities may include breakout rooms, public case decisions, instructor-approved fictional scenarios, and research worksheets. Students may choose research, writing, analysis, or observer roles instead of acting or discussing sensitive experiences. Personal abuse disclosures are not required, and private case records are not shared in group activities. The class provides legal education, not legal advice, attorney representation, an actual court, or a guarantee of a legal outcome.

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Pathways Virtuous Woman Class

Wisdom, Stewardship, and the Strength of Partnership explores wise planning, reciprocal care, personal dignity, and financial awareness through Proverbs 31:10-31 and Ruth 2 in the King James Version, alongside modern life situations. The three-part learning journey covers preparing in times of plenty, supporting one another through hardship, and distinguishing healthy interdependence from harmful dependency or financial control. Through reflection, budgeting scenarios, discussion, and collaborative problem-solving, students practice preparedness, boundaries, compassion, and shared responsibility. The class welcomes discussion without requiring religious belief. Supporting a partner never requires enduring abuse, coercion, exploitation, or unsafe conditions.

Pathways Gaming Class

Drawing on When Gaming Takes Control, this educational class examines how problematic gaming can affect employment, household finances, marriage, parenting, and family safety. Students explore warning signs such as neglected responsibilities, concealed spending, missed work, and withdrawal from family life. Reflection activities and a 30-day responsibility worksheet help participants identify concerns and plan safe, measurable steps for work attendance, essential expenses, caregiving, family time, and professional support. Gaming is not automatically an addiction, and the class does not diagnose or treat a disorder. Gaming problems never excuse threats, control, or violence; safety planning and appropriate referrals take priority.

Pathways Innovative Parenting Class

This updated parenting class organizes the original 42 topics into 12 learning themes: new birth and bonding, child development, home and emergency safety, emotional understanding, positive discipline, family communication, learning through play, inclusive parenting, digital life, parent wellbeing, family stability, and rights and future planning. Parents practice calm responses, clear limits, age-appropriate routines, listening, repair after mistakes, and meaningful caregiver-child activities. The handout includes women-to-women mentorship, disability inclusion, digital privacy, and selected research from China and Russia with its limitations. A seven-day parenting plan turns learning into practical goals. The class emphasizes safe, responsive caregiving and professional referrals when needed.

For more information, please call 310-642-8316.