

# CIRCLE OF HEALING: FAMILY & SEXUAL VIOLENCE



BEGINS FEBRUARY 16TH, 2021  
TUESDAYS & THURSDAYS  
6:00 PM TO 8:00 PM

This online weekly group series is hosted by the You Empowered Strong Program (YES) for the support, healing and prevention of family & sexual violence. The meetings will be held on the GoToMeeting platform and will take place on Tuesday & Thursday evenings.

**February 16th - Session 1:** Creating a Space Place: How to handle or make disclosures safety, group agreements, resources.

**February 18th - Session 2:** The Roots of the Problem

**February 23rd - Session 3:** First Principles: Healthy Sexuality, What is sexual Abuse?

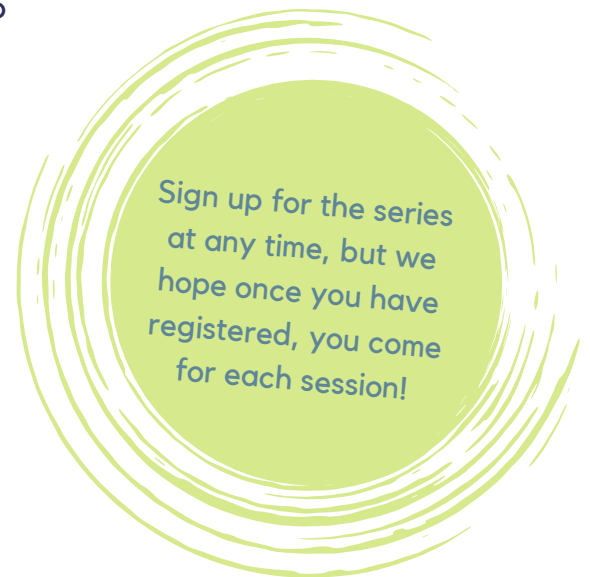
**February 25th -Session 4:** Breaking the Cycle of Abuse

**March 2nd - Session 5:** The Problem of Sexual Abuse

**March 4th -Session 6:** Moving beyond Abuse: A Community Wellness Approach; Individual, Community, Family

**March 9th -Session 7:** Caring for yourself: burnout, sources of stress, and healing

**March 11th - Session 8:** My Personal Wellness: Healing is a life long journey.



In partnership with:



**Open to Syilx Okanagan Nation member women, non-binary & gender divergent relatives.**

**For more information, contact:**

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**You Empowered Strong (YES)**

YES is an ONA community safety initiative that addresses the need for community-based solution for families who have to deal with the harmful impacts of family & sexual violence.