PUNJABI COMMUNITY HEALTH CENTRE

SAHARA Women's Group

What is SAHARA Women's Group?

SAHARA Women's Group is in existence since July 2001. It is a linguistically and culturally appropriate psycho-educational group program for South Asian women. This group program is an aftercare program that provides long-term support to women and children experiencing life's challenges. It works closely with men and children and **provides holistic care** to the entire family. This group is offered year around on weekends in order to provide easier access for women in need.

Overview of the Group

What themes are covered?

Help women to:

1. understand the effect violence on women;
2. identify 14 types of abuse, and discuss why men abuse women;
3. understand the Power and Control Wheel and the Equality Wheel;
4. understand the cycle of violence, cycle of control, and healthy sexuality;
5. acquire Anger Management skills in order to better parent their children;
6. understand the effects of violence on children;
7. learn "decision making" skills;
8. learn problem solving skills;
9. get in touch with their "spirituality"
10. work through the "manual for recovery"

What will participants learn?

The participants will be able to:

1. learn how to make decisions;
2. acknowledge that violence against them was not their fault;
3. understand the reasons for their husband's abusive behaviors;
4. learn skills in order to enhance relationships with in-laws;
5. acknowledge and take responsibility for managing their anger in order to better "parent" their children;
6. acquire communication and problem solving skills; and
7. develop a plan for their own recovery and healing;
8. make new friends to reduce isolation and loneliness.

Timings

The group runs from two locations:
Second Sunday in Mississauga and last Sunday in Brampton

For more information and to Make a Referral

Please call at 905-301-2978.
You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.
Visit our website at: www.pchealthcentre.com

Financial support from the South Asian Community is gratefully acknowledged.

PUNJABI COMMUNITY HEALTH CENTRE
Serving Diverse Communities

Punjabi Community Health Centre is affiliated with SAHARA Community Services.