

Do you ever struggle with aggression, anger or conflict in relationships?  
Do you want more support and information for building healthier relationships?

## Contact



(250) 855-8465



[education.antiviolence@cmhacariboo.org](mailto:education.antiviolence@cmhacariboo.org)



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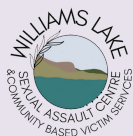
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Canadian Mental  
Health Association  
Cariboo Chilcotin Branch  
Mental health for all



BRITISH  
COLUMBIA



# Growth for a New Beginning



Violence  
Intervention &  
Prevention Program  
for Women



# **FREE and CONFIDENTIAL**

A program for women who want to improve their relationships and make healthier choices. The program covers the following topics:

- The Seven Grandfather Teachings
- Communication and Boundaries
- Intimacy and Healthy vs. Unhealthy Relationships
- Abuse and Impacts of Domestic Violence on Children
- Consent
- Human Trafficking
- Managing Stress and Conflict
- Addictions
- Mental Health
- Trauma and Grief
- Self-Care and Community Resources