

## Intimate Partner Violence Outreach Program

Our program focuses on supporting, advocating and empowering individuals who have experienced violence in their intimate partner relationships. We provide short-term assistance and support in accessing community resources. Weekly groups are offered to provide information, education and support on issues related to intimate partner violence.

### Funded by:

Saskatchewan Ministry of  
Justice and the Attorney General



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Attorney General



*You are not alone*

Office hours are:

8:30-5:00 Monday to Friday  
Intake at 306-244-0127

For after hour services call:  
Saskatoon Crisis Intervention  
Services (Mobile Crisis)  
306-933-6200

## Intimate Partner Violence Outreach Program



**Phone: 306-244-0127**

## Are you at risk?

- Does your partner get jealous when you talk to or look at other people?
- Do you ever feel pressured to do something you do not approve of or feel comfortable with?
- Do you find that your partner doesn't want you to see other friends or participate in activities that do not include him?
- Does your partner criticize the way you dress, talk, dance, etc?
- Do you feel free to say "no" without having to explain your reasons?
- Has your partner ever hurt you physically or destroyed something that is important to you?

If you answered yes to any of the above questions, you could be in what is called an "unhealthy" or "abusive" relationship.

## We can help...

- Support people who experience or have experienced violence in their intimate relationships.
- Ensure that people are aware of their rights and available resources.
- Assist individuals in navigating through various systems. (financial, legal, medical, etc.)
- Assist individuals in gaining safe shelter.
- Help individuals identify their own inner strength and courage.

## Group Programs

- All groups are free
- Childcare and snacks are provided

### Invisible Scars Group

An eight-week group designed for women to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. The focus of the group is about healing and moving on from the effects of emotional abuse. Emotional abuse cuts to "the core of a person" (Engel, 2002) and leaves invisible scars. *Pre-registration required.*

### Intimate Partner Violence Weekly Groups

This is an open and ongoing group for women who have or are experiencing violence in their intimate partner relationships. Each week will focus on a different topic related to intimate partner violence. *Pre-registration required*

**When:** Thursdays 1:30pm-3:00pm

#### **Topics include:**

Gender Socialization  
Trauma and the Brain  
Mental Health and Coping Skills Domestic Violence and Self-Discovery Domestic Violence and Children Grief and the Stages of Healing Shame and Guilt  
Healthy Boundaries, Relationships & Red Flags Anger and Conflict  
Building Self-Esteem Domestic Violence Explored  
Technology and Safety  
Traumatic Bonding

### Abuse and Beyond Group

An eight-week group for women focusing on the similarities and differences between personal experiences of violence. An opportunity to find both support and healing on the effects of intimate partner violence. This group addresses various topics related to understanding and healing from abuse. *Pre-registration required.*