

TRAINING & CONSULTATION TOPICS:

- Working with abused women:
Frontline and Management
- EAP training on woman abuse
- Development of non-discriminatory policies and procedures
- Cross-cultural perspectives on violence against women
- Diversity training
- Resources for abused women
- Intervention Strategies
- Anti-violence Initiatives
- Elder abuse
- Partner abuse
- Same sex partner abuse
- Sexual Assault
- Impacts of Abuse on Immigrant and Refugee Women
- Women in the workplace
- Conflict resolution

Our training and consultations are not limited to the above topics.

We can customize any type of workshop to meet your organization's needs and objectives. Our programs are developed with an anti-oppression framework.

In addition to our workplace training programs, the Assaulted Women's Helpline offers a toll-free and TTY telephone crisis line to all women in the province of Ontario who have experienced abuse. We provide counselling, emotional support, safety planning, information and referrals. Our service allows women to reach out for help free of charge in up to 154 languages, 24 hours a day, 7 days a week, assured of their anonymity and confidentiality.

What the training provides you:

- Deeper knowledge of woman abuse
- Exploration of the theoretical understanding of VAW and its consequences
- The chance to work with others
- An opportunity to learn about resources and options available to abused women

We look forward to designing a training program or workshop that is right for your organization or group. Depending on your needs, we can develop a program that is a couple of hours, half-day, full-day or multi-days in lengths. We will also provide a thorough training manual for all participants, at extra cost.

For more information call the Assaulted Women's Helpline- Training, Resource and Outreach department at:

415-364-4144 x223

Toll free administration: 1-888-364-1210

Or visit www.awhl.org

Contact us to discuss our fees- a sliding scale is available

WOMEN IN CRISIS CAN CALL:

GTA: 416-863-0511

Toll-free (Ontario): 1-866-863-0511

Toll-free TTY: 1-866-7868

#SAFE (#7233) from a Bell, Rogers, Fido, or Telus cell phone

ASSAULTED WOMEN'S HELPLINE



TRAINING PROGRAMS FOR THE NON-PROFIT SECTOR

FACTS ABOUT ABUSE

We know from statistics, media coverage and the tens of thousands of women who call our lines each year, that woman abuse is epidemic.

One half of all Canadian women have experienced at least one form of violence since the age of 16. That woman is someone's mother, daughter, sister, lover, wife, friend, co-worker or employee.

ABUSE CAN TAKE MANY FORMS:

- Physical
- Emotional/psychological
- Sexual
- Financial
- Neglect

Woman abuse affects people of all cultures, ages, religions, sexual orientations, educational backgrounds and income levels.

The financial cost of all types of violence against women and children, from health, social service, education, employment and criminal justice systems has been estimated at more than \$4 billion annually in Canada.

(Source: Cunningham Report: Prevention of Violence Against Women. It's everyone's responsibility. Ontario



Physical traumas, long-term disabilities, depression, post-traumatic stress, low self-esteem, alcohol & drug dependence including use/abuse of prescription drugs, and the potential of continuing the cycle with new partners and/or their children are just some of the effects of violence against women.

The scars of abuse are inescapable.

Woman abuse affects a woman's health, well-being, productivity, creativity and strive to survive.

**When I dare to be powerful -
I use my strength
in the service of my vision, then it
becomes
less and less important
whether I am afraid.**

Audre Lorde (1934-1992)

YOU AS A COMMUNITY MEMBER HAVE A DUTY

As a community member, it is extremely important to recognize the warning signs of abuse. Since woman abuse is about power and control. It is not the woman's fault, and we all have an obligation to do something about it.

When we realize that woman abuse affects us all, we will be able to save lives.

AWHL TRAINING PROGRAMS FOR THE NON-PROFIT SECTOR

Our training team can teach you the skills to identify and address violence against women, wherever it occurs.

Our workshops are designed to be interactive and proactive, focusing on violence prevention and intervention. One of the benefits of this type of training is a more cohesive team, which will ultimately increase productivity.

We provide trainings both for the workplace and for the non-profit sector. We have trained boards of directors, senior management teams, administrators, doctors, lawyers, psychologists, principals, teachers, nurses and dentists. We can provide consultation and/or customize any training or workshop for your particular work environment, industry and objectives.

OUR TRAINING, RESOURCE & OUTREACH TEAM:

Margaret Arnason

Over the past 12 years, Margaret has worked in the community supporting women in different capacities. She brings extensive experience as a counsellor for women in conflict with the law, as a crisis counsellor and also as a family counsellor. She is an experienced group facilitator, team builder and conflict resolution worker. Her years of experience combined with her positive energy and interactive style, encourage participants to engage and challenge themselves making for a productive and comfortable learning process.

So-Toy Thompson

So-Toy is passionate about empowering women. Her personal experience has guided her to working in the violence against women sector. Over the past 6 years, So-Toy has worked with women as a counsellor, a group facilitator and a crisis line counselor. She is an experienced team leader and team builder. So-Toy brings experience and understanding to this work.