

## Training Course

### “Building Resilience to Address Domestic Violence” - EMPOWER

Erasmus+ Programme – Strategic Partnership  
AGREEMENT N°: 2020-1-UK01-KA204-078983



Rationale: Domestic violence devastates families and communities across Europe. Families are meant to be the bedrock of our society. They are a safe environment for children to grow and develop; surrounded by care and love. When the bedrock is fractured, society crumbles. It is for this reason that the EMPOWER project aims to support these families, especially families at-risk of violence, to build their resilience to prevent domestic violence; through the development of unique, age-appropriate education materials that can be applied to a family-learning environment, to empower all family members to address violence in the home.

**Timeframe:** April/May 2022

**Duration:** 2 Half day workshops of 4 hours each

**Dates & Time:** According to majority of the women's needs (we are flexible)

**Target Group:** 10 women at risk of domestic violence or victims

**Price:** The training is free, but the women need to commit themselves to attend to the 2 sessions.

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Subjects discussed: These workshops aim to empower women and to support them to be comfortable talking to young and senior members of their families about unhealthy relationships and behaviours. The topics are: building positive family relationships; conflict management and resolution in families and self-care and maintaining emotional and mental wellbeing.

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## CONTACT US