

Women's Counselling Program

As women make the decision to leave abusive situations, individual and group counselling is provided by Alice Housing's Women's Counsellor. Counselling issues include:

- One-on-one counselling.
- Addressing grief and loss.
- Sexual assault counselling.
- Identifying potential abusers.
- Self care.

Support Services

Women are encouraged to attend weekly group programs in an effort for them to share openly their experiences in a women-centered and supported environment. This process also encourages the establishment of a network of support both within Alice Housing and the community. Program modules include:

- Learning about the cycle of abuse.
- Developing healthy coping skills.
- Setting goals.
- Recapturing self esteem.

Developmental Programs

Personal and professional development programs are available to women as they begin their recovery from family violence. These programs are crucial to women as they learn new skills and strategies for independent living in the community. Developmental programs include:

- Workshops on parenting, budgeting, credit counselling, personality and temperament types, self-defense and self care.
- Continuing education counselling.
- Career and resume coaching.