



Empowerment Program

Patricia Giles Centre is committed to ending family and domestic violence in our community. For over 30 years we have been providing a range of services for women and children experiencing and escaping family violence and abuse. We help them find safety, security and stability. We support and empower them to get mentally and physically well so they can get their lives back on track. And we educate and collaborate – always working towards a future free from family and domestic violence.

Empowerment Program

Our **Empowerment Program** concentrates on building resilience in women affected by family and domestic violence. Over a series of group sessions, women are taught skills to manage emotions, maintain their safety and make effective decisions.

The issue

Women affected by family and domestic violence are at greater risk of experiencing anxiety or depression and many develop post-traumatic stress. Some turn to unhealthy coping strategies such as alcohol or drugs. Almost all will lose any confidence in their own abilities and instincts.

These issues all occur at a time when they are dealing with a huge amount of information and having to make a range of decisions about their and their children's safety and future. These issues negatively affect their ability to plan to flee the violence, look after their children, find accommodation, gain employment, deal with legal processes and start putting their life back together.

Our solution

Aimed at women who are either still in, or have escaped from a violent situation, our **Empowerment Program** works to build resilience and teach healthy coping skills.

Women come to us feeling shattered, isolated and lost. We provide a safe space where women can encounter social connection and meet others in similar circumstances which validates their experiences.

Run by skilled staff our 12 session **Empowerment Program** teaches a range of psychological and practical skills so participants can better manage their emotions and maintain their safety. As women build their confidence they become more resilient to the perpetrator's pattern of control, which is key in being able to independently make effective decisions for their and their children's future.

This program is complimentary to, and runs alongside of, a range of services we offer to women and children experiencing family and domestic violence. Our aim is to support and empower women so they can actively participate in the decision making process and can take the steps necessary to put their own lives back on track.



Mary's story

Mary (not her real name) had been physically, financially and verbally abused by her husband for many years. Completely under his control Mary and her six month old son were unable to leave the house without her husband. Originally from overseas, Mary was socially isolated – everyone she knew was associated with her husband. She was also here on a spousal visa.

Mary escaped her situation and accessed accommodation at a Patricia Giles Centre refuge. When she came to us she had no self-esteem, little ability to make decisions, no support network and no knowledge of daily life outside the home. Simple tasks such as catching public transport were terrifying to her. Adding to her fear and distress, her husband and his family continued to threaten Mary by phone.

By accessing our program Mary built up her confidence and resilience and learned to handle her emotions. She was empowered to successfully negotiate the complex web of government agencies and legal processes and started to make decisions for her and her son. With further assistance of our advocacy and support services Mary moved into a safe property, took up study and recently began a work placement.

You can help

In WA we have an alarming and ever-increasing number of women affected by family and domestic violence. The need for this program is constantly growing and we are asking for your support.

The cost of us providing the **Empowerment Program** for one participant is \$400.

We have a fundraising target of \$25,000 for our **Empowerment Program**. The more we raise, the more women and children we can help.

Your donation to Patricia Giles Centre's **Empowerment Program** has an immediate and direct affect for women and children who are targeted by a violent perpetrator. By providing funds used to cover the costs of running this program you are helping to build their resilience and confidence, empowering them to help themselves.

Our services

Patricia Giles Centre offers a suite of services to assist women and children affected by family and domestic violence including:

- safe crisis accommodation
- housing support
- women's and children's counselling
- group programs
- advocacy, resources and support

There are a range of programs you can donate to in order to make real difference in the lives of woman and children affected by family and domestic violence. Talk to us about:

- Safe at Home
- Empowerment Program
- Circle of Security
- New Start Kits

Contact us

Please contact us to see how you can help.

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