

SWEET Dreams

4 weeks

Did you know that lack of sleep and/or poor sleep can take a toll on your life, relationships, and overall mental health? In this workshop you will have the opportunity to explore tips on how to fall asleep faster, sleep better and feel more refreshed during the day. Participants will also learn relaxation techniques including deep breathing and visualization.

Family Law Information

One session

This information session will equip you with basic knowledge on family law. Topics include divorce, child support, child custody and other family law matters.

Women in Wellness

4 weeks

This workshop is grounded in healthy recovery concepts through experiential learning (such as yoga, meditation, journaling and self-care) and is open to women in recovery from trauma, addictions and mental health.

Women ALIVE

9 weeks

This group will help you learn how to stop the critical voice inside yourself through engaging in low impact physical activities. We will learn how regular physical activity will improve the impact of stress and tension in your everyday life and how your physical body impacts your emotional well-being. Open to women of all ages, sizes and abilities!

Hearts of Hope

5 weeks

A practical workshop to help women combat poverty. Topics include: healthy cooking on a budget (free crockpot to all participants), budgeting, free/low-cost community resources and recreational opportunities.

daso

*Changing lives and
inspiring hope
since 1974*

DOMESTIC ABUSE SERVICES OXFORD
protection | prevention | possibilities

For more information, including dates/
times of programs and workshops,
contact Marcy at
Domestic Abuse Services Oxford

519-788-0148 (cell) or
519-539-7488 ext. 234

marcy@daso.ca

975 James Street
Woodstock, Ontario N4S 0A5

24 Hour Crisis Line:

519-539-4811 or 1-800-265-1938

TTY: 519-539-1979

All other calls: 519-539-7488

Fax: 519-539-3533

Email: info@daso.ca

Website: www.daso.ca

Facebook: Domestic Abuse Services Oxford



daso

*Changing lives and
inspiring hope
since 1974*

DOMESTIC ABUSE SERVICES OXFORD
protection | prevention | possibilities

*A Healthier,
Happier,
YOU!*

**2015/2016
Workshops and
group sessions
for women in
Oxford County**

Group/workshop programs are for Oxford County women 16 and over who have been impacted by domestic abuse and/or homelessness. You will have the opportunity to meet with other women, in a calm peaceful environment, and empower yourself through learning about relationship dynamics and exploring positive lifestyles and possibilities.

All programs are free and confidential. All materials are provided.

For more information:

Domestic Abuse Services Oxford (DASO)
519-539-7488 ext. 234 or 519-788-0148
marcy@daso.ca

T.E.A Talk –Time Energy Attention Talk

First Tuesday of every month, 6 to 8 p.m.
Open group (no referral or invitation needed)

Discover T.E.A. Time for women and join us in our monthly group circle full of creative ideas, inspiration, with a few laughs thrown in along the way! For women who are interested in learning, who want to be inspired by other women, who like to have fun and chat about anything and everything. T.E.A. is a place to express yourself without judgement, in a fun, safe, relaxed environment.

Regain Power

Every Wednesday, 11 a.m.
Do you find it hard to use your creative expression with your voice, your work, your home, and most of all with yourself? Develop self-confidence while learning ways to unblock your creativity and intuition using tools such as journaling, creativity prompts and exploring the world through art. No artistic ability required!

Protection, Prevention, Possibilities

7 weeks

This interactive workshop will look at the difference between unhealthy and healthy relationships and will include discussion on coping skills, boundaries, self-care and safety planning. At the end of the program, you will have created a Spirit painting and tie blanket.

Yes, You Can!

4 weeks

This “boundaries” workshop will explore the various tools to identify and assert healthy boundaries. Topics include defining boundaries, asserting individual rights, understanding and managing anger, learning effective communication and learning to say “no.”

It's Your Life

4 weeks

A wellness and self-esteem workshop that will increase your knowledge around issues such as health and wellness, stress, coping techniques and positive living. Information will be provided about community resources.

It's all about ME!

5 weeks

Participants learn the meaning of “ME.” What does “ME” mean? In this workshop self discovery can begin by dropping the masks and revealing who we really are. We will look at our true selves through interactive exercises that allow insight and growth by identifying thinking patterns, challenging our beliefs and enhancing our interpersonal relationships by answering the question “Who Am I?”

Climbing the Mountain

5 weeks

This workshop will explore the resources and supports we need to lead a healthy and happy

life. Participants will learn about “think traps,” fear and anxiety, goal setting and transitioning through change.

Women of Wisdom

5 weeks

A specialized workshop for women 50 and over. We will navigate change by exploring age-less beauty, social media and communication (Facebook, Kijiji etc.), budgeting and boosting vitality. Subject areas include work, retirement, socializing, volunteering, relationships, family and changing roles.

S.O.S. – Safety Options and Supporting Those Who Self Harm

5 weeks

This workshop provides an open, safe and non-judgmental atmosphere to support individuals experiencing self-harm. Topics will include education and knowledge around signs of self-harm, risk factors, coping techniques and changing thought processes.

Guilt Trap

5 weeks

This workshop will examine the guilt, shame and blame we often experience as women, the reasons for guilt, and how we can transfer feelings of guilt into constructive ways of coping using compassion, empathy and understanding.

Seeking Safety

9 weeks

A group to help women deal with the effects of trauma, post-traumatic stress and substance abuse. Topics include taking back your power, detaching emotional pain, asking for help, honesty, recovery thinking, creating meaning in your life, community resources, discovery, coping with triggers, respecting your time, healthy relationships and healing from anger.