



EFRY HOPE AND HELP FOR WOMEN- VIRTUAL GROUP PROGRAMMING

Healthy Relationships : Men and Women

Sessions- 8

Program total hours: 4hours

Program Overview:

Session One: Self

- Exploring who you are: thinking about the relationship with yourself
- Creating a personal gratitude book
- Self-Motivation (Developing direction and through writing)
- Creating journal

Session Two: Self-Esteem

- What is self-esteem?
- Self-esteem supports
- Self-esteem worksheet
- Reading: Identifying what we really want

Session Three: Emotions

- What are emotions?
- Applying reason to emotions
- Readings: How to express emotions and Six fundamental qualities to a healthy relationship
- Activities: ABCDE model

Session Four: Relationships & Boundaries

- Healthy vs Unhealthy relationships
- Boundaries
- Readings: 10 Ways to build and preserve better boundaries and Healthy Personal boundaries and how to establish them

Session Five: Effects

- Three basic principles of relationships
- Violence and Abuse/Power and Control
- Cycle of Violence
- Reading: Power, Control and Codependency
- Activity: Question and answers

Session Six: Communication

- Types of communication
- Using I language
- Activity: ABCDE model and questions on Communication style

Session Seven: Journey Ahead

- Discussing Crossroads and Making good decisions
- Booklet: Making decisions (internet URL)
- Activity: Question and answers

Session Eight: Healthy Living

- What is healthy living?
- Emotional wellness
- 5 Steps to emotional wellness

Anger Management : Men and Women

Sessions- 8

Program total hours : 4hours

Program Overview :

Session 1-

Define anger, talk about the power of anger, different types of anger and the four skills that will be developed throughout the group

Session 2-

Identify signs of anger and where it is felt in the body (body sketch)

Explore the cost of repressed and misdirected anger (Color Jar), Persons and Anger

Session 3-

Patterns of behavior, Understanding anger as a guide, Basic rights

Session 4-

Process, Understanding anger as a three-step process

Session 5-

Resisting Change, Essential Life Skills, Mindfulness Activity, Anger Towards Self

Session 6-

Responsibility

Session 7-

Vulnerability, Owing Our Story, Processing

Session 8-

Closure

Anti-Theft and Fraud : Men and Women

Sessions- 8

Program total hours: 4hours

Program Overview:

Session 1-

Introduction, defining, getting to know the realities, Deceptions & Behaviors

Session 2-

Change, Stages of Change

Session 3-

Self Esteem

Session 4-

Boundaries

Session 5-

Decision Making

Session 6-

Victim Impact

Session 7-

Building your toolbox

Session 8-

Summary and Evaluation

A Better You : Men and Women

Sessions- 7

Program total hours: 3hours

Program Overview:

A Better You is a program designed to help explore and enhance life skills. Each participant is encouraged to share their ideas, be creative, develop personal awareness, and be able to apply these skills for the purpose of healthy living.

Session 1-Attitude for Gratitude

Explore the meaning of gratitude by using the letters in the word and create a list of 10 things they are grateful for and share why

Session 2- Assertive

Discussion of importance of assertive communication, setting boundaries and using their voice to meet their wants and needs. They practice in groups of two how to put assertiveness into action and discuss any challenges.

Session 3- Personality

Invitation to look at four different personality styles and identify the traits they project daily. They discuss how different personality styles can complement each other or at times be challenging.

Session 4- Spending Time Wisely

Challenges to think about their current leisure choices and encourages them to meet their needs with safer and healthier alternatives.

Session 5-Creating Affirmations

Discusses six key steps to writing healthy self-affirmations and why they are so important to be put into our daily routine. They share an affirmation that they connect with while actively listen and support the positive message. They create an affirmation paper frame for their living space.

Session 6- Respect

Explores the true meaning of respect and how to give it but also discusses solutions to coping with disrespect.

Session 7- Self-esteem

Building on the strengths and skills the women have while focusing on the present and moving forward. This program is about inspiring self-esteem, confidence and positive relationships.

Anti-Criminal Thinking

Sessions- 8

Program total hours- 4 hours

Program Overview;

Session #1: Introduction

- Introduction and limits of confidentiality
- Thoughts around illegal practices
- Motivations behind engaging in illegal practices
 - Exploring Needs and wants versus consequences (pros and cons)

Session#2: Contributing Factors Leading to Illegal Practices

- Exploration of illegal behaviour(s)
- Family of Origin as a risk factor (family beliefs and values, family background, socioeconomic status, social environment, educational attainment)
- Personal risk factors (mental health, grief, separation, loneliness, dealing with depression)
- The role of attitudes, beliefs, and values
- Overall impact of the illegal behaviour(s) (re: society, individual self, others)

Session #3: Individual Self

- The role of perspectives and the behaviour chain
- Self-awareness
 - Emotional and physical cues
 - How has the illegal practices/charges affected your life thus far? (Emotionally, physically, mentally, and socially)
 - What does success look like to you?
- Self-esteem (finding inner strength)
- Stress management
- Impact of HALT
- Impulse control and decision making skills

Session #4: Strategies for Change and Prevention

- Developing a handbag of thinking tools (thinking errors)
- Thinking connections – exploring the pathway to offending
- Harm Reduction
- Positive coping mechanisms (I.e. dealing with anxiety and depression)

Session#5: Conflict and Communication Skills

- Conflict resolution skills (i.e. anger management, 7 steps to problem solving)
- Communication skills (communications and relating, assertiveness, communication rights)

Session#6: Plan Development

- What does change look like to you?
- Positive action plan (including self-care and balanced lifestyle)
- Development of individualized relapse prevention
- Self-evaluation – measuring tools and check- ins
- Realistic expectations
- Forgiveness and shame

Session #7: Review of Skills and Awareness

- Making connections (role play, case scenarios)
- Overview of emotions, control, and triggers
- Review of strategies in action
- Review of harm reduction

Session #8: Closure and Evaluation

- Reflection
- Explore resources
- Discuss relapse prevention strategies

Pre-Employment Workshop: Men

Sessions- 1

Program total hours- 2.5hours

Program Overview;

- Social Insurance
- 9 Employability Skills
- Resume
- Cover letters
- References
- Gaps in Employment
- Introducing : two different ways to structure an answer to an interview
- 6 typical Interview questions
- Where can you find a job

Financial Workshop for Men

Sessions- 1

Program total hours- 2hours

Program Overview;

- Determining wants and needs
- Income and expenses
- Banking
- Payday loans, BNPL
- Credit Scores
- Equitable divisions of expenses and budgeting for couples
- Budgeting and budgeting tools