

Training Agenda: Understanding Abuse in Relationships

Friday, March 8, 12 – 8 PM: The Woman's Journey

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| 12 PM | Registration |
| 1 – 2:30 PM | Session 1 <ul style="list-style-type: none">• Introduction/Welcome/Land Acknowledgment/Learning Goals.• Poem• Dominant Perspectives and our Philosophy of Women Centered Group Support.• What Happened to You? |
| 2:30 – 3 PM | Coffee and Connection Break |
| 3 – 4:30 PM | Session 2 <ul style="list-style-type: none">• Story• Understanding Our Story and How to Change it.• Barriers Exercise |
| 4:30 – 5:30 PM | Dinner Together |
| 5:30 – 7 PM | Session 3 <ul style="list-style-type: none">• What Does the Court Process Look Like?• Understanding How Children are Impacted. What can we do?• Story |
| 7 – 8 PM | Questions, Discussion, Connection |

Saturday, March 9, 9 AM – 4 PM: The Man's Journey

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| 9 – 10:30 AM | Session 4 <ul style="list-style-type: none">• Foundations for Change: Guiding principles and approaches to inviting men into the work. |
| 10:30 – 11 AM | Coffee and Connection Break |
| 11 AM – 12:30 PM | Session 5 <ul style="list-style-type: none">• Understanding the Impact of Abuse. Some of the key approaches and exercises used to bring about change. |
| 12:30 – 1:30 PM | Lunch Together |
| 1:30 – 3 PM | Session 6 <ul style="list-style-type: none">• Key Components for Effective Programs. Topics that must be addressed and ways to do it. |

3 – 4 PM Questions, Discussion, Connection

Sunday, March 10, 9 AM – 1 PM: The Facilitation Journey

9 – 10:30 AM Session 7

- How We Approach This Work
- Trauma and Self-Care

10:30 – 11 AM Coffee and Connection Break

11 AM – 12:30 PM Session 8

- Panel of Facilitators
- Questions/Discussion

12:30 – 1 PM Evaluations and Goodbyes