

Drop-in Support Group • Battered Women's Support Services

16 steps

for Discovery and Empowerment Support Group

16 Steps for Discovery and Empowerment is a self-help group which can work in tandem with 12 Step programs.

The group welcomes all self-identified women...

- who have substance use issues or who have used substances as a coping strategy
- who are seeking more empowerment in their lives
- who are in a journey of self-discovery
- who are interested in exploring healthier relationships

ABSTINENCE FROM SUBSTANCE USE IS NOT REQUIRED IN ORDER TO ATTEND.

**EVERY THURSDAY 1-3 PM STARTING
JANUARY 28TH 2016**

We work on the steps to help us in the journey of self awareness, self discovery and resilience.

This is an ongoing drop-in support group and women can join at any point in time.

At its core, this model is based on love, not fear, internal control not external authoritarianism, affirmation not deflation and trust in the ability of people to find their own healing path when given education, support, hope and choices*.

For more information and/or to join the group:

please call 604.687.1867

or email daniela@bwss.org

* **Charlotte Kasl** <http://charlottekasl.com/16-step-program/>



www.bwss.org • www.theviolencestopshere.ca

