

Battered Women's Support Services

AWARE

ADVANCING WOMEN'S AWARENESS REGARDING EMPLOYMENT

AWARE is one of the many ways that Battered Women's Support Services works to eliminate all forms of violence and abuse against girls and women. We are here to provide a safe, women-centered space providing anti-oppressive, anti-colonial support and services treating women as the experts in their own lives.

Who can apply:

AWARE is open to women applicants with a history of trauma and abuse

How to apply or for more information:

Call AWARE at **778-628-1867**
or email **michele@bwss.org**



www.bwss.org • www.theviolencestopshere.ca

Battered Women's Support Services

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PROGRAM DIRECT LINE: 778.628.1867

For more information about BWSS programs and services please contact:

Business Line 604.687.1868
Intake/Crisis Line 604.687.1867
Toll Free 1.855.687.1868



Battered Women's Support Services Employment Program of British Columbia is funded by the **Government of Canada, the Province of British Columbia** and **My Sister's Closet** a Social Enterprise of Battered Women's Support Services.

PLEASE MAIL YOUR CONTRIBUTION TO:

BWSS
P.O. BOX 21503
1424 COMMERCIAL DR.
VANCOUVER, BC V5L 5G2

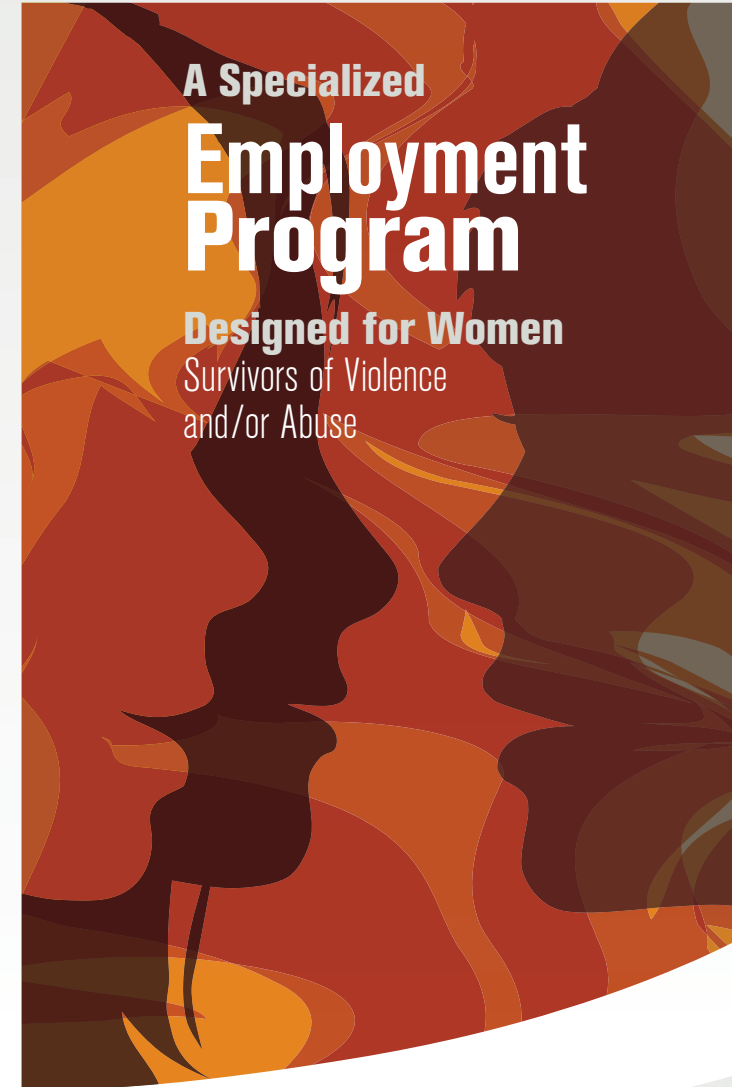


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Since 1979, Battered Women's Support Services has provided education, systemic advocacy and support services for girls and women who have experienced abuse and/or violence. Battered Women's Support Services uses a model of empowerment to employment and women's economic development.

ADVANCING WOMEN'S AWARENESS REGARDING EMPLOYMENT

AWARE

AWARE is a program to help women move out of the cycle of trauma and violence through employment. Our office in Vancouver supports women to identify their skills, interests and to develop personal and career goals.

AWARE helps women alleviate isolation, learn and grow through individual goal setting. Importantly women will learn how to strengthen their own personal and community support network.

AWARE is flexible and accessible. Women are often navigating many demands on their time and energy. Our continuous intake process helps women find what she requires for her individual situation.

Financial Freedom:

"my mother always told me to have my own money"

We are pleased to offer personal development and employment skills workshops, which includes guest lecturers. AWARE Curricula contains the following components:

Recognizing, Understanding and Overcoming the Impact of Abuse

Participants work on values, assertiveness, self-esteem, conflict resolution, safety planning and establishing and maintaining boundaries

Individual Exploration

Participants have the opportunity to develop short-term and long-term goals which includes defining action steps. Our dedicated staff support participants to focus their energies on their goals and participants find with each step they realize their goals and aspirations.

"...thank you to the staff at BWSS and the AWARE Program for giving me the courage and opportunity to grow."

BWSS AWARE • Participant

To schedule an intake appointment or receive an info-session/orientation for the **BWSS AWARE Program** please contact us directly.

Counselling and Coaching

All women who access **AWARE** are eligible. Counselling honours the way women cope with trauma and support establishment of new coping skills that build on each individual woman's brilliance and resilience.

Career Exploration

Participants are able to assess their strengths, skills, previous experiences, learning styles, passions and interests. This includes resume building, job search skills including interviewing and cover letters.

Employment Skills

Through AWARE women have the opportunity to learn and practice essential workplace skills such as teamwork, verbal communications skills, small group work and understanding workplace norms.

Academic Development

AWARE curricula includes basic computer skills, First Aid, Food Safe and Serving It Right

AWARE Participants may be eligible for transportation support and/or child care subsidy.

All **AWARE** participants have access to all Battered Women's Support Services programs.

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