

## COMMUNITY WORKSHOPS

Fees may apply, please call for more information

### Defining Domestic Violence

We can't change what we don't know, abuse is any behaviour used to injure or harm, the misuse of power over another.

### Women's Wellness Workshop (54HRS)

A Holistic approach to women's wellness covering; Spirituality, Emotional Intelligence Forgiveness, Abuse, Self Esteem, Healthy Relationships; Co-dependency, Boundaries, Addictions, Conflict Resolution, Communication, and Stress Management

### Great Attitude...Great Future

This multi-day workshop focuses on Positive Attitudes, Portfolio Development, Leadership Skills and Effective Communication.

*"I learned a lot about myself, and how to better protect myself and my family. The best was learning and accepting that I am the only one who has and had control over my life, no one else."*

### Healing Through Forgiveness

**Forgiveness is a difficult area for most of us.**

*We all need to do forgiveness work. Anyone who has a problem with loving themselves is stuck in this area. Forgiveness opens our hearts to self-love. Many of us carry grudges for years. We feel self-righteous because of what they did to us. I call this being stuck in the prison of self-righteous resentment. We get to be right. We never get to be happy.*

*"Everything about True Self is awesome. It has helped me to be a better person in all my affairs and life in general. The support given is a blessing. I hope it will continue and grow so all can prosper from what is offered. Chii Megwich!!"*

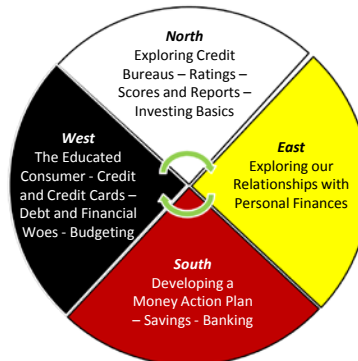
### Lateral Violence

*As a result of this workshop Participants will Have an understanding of the manifestation of Lateral Violence, Cyber Violence, Bullying and Mobbing within communities*

*Analyze, identify and describe proactive strategies to deal with Lateral Violence from an individual, family and community level*

### Walking the Medicine Wheel with Our Personal Finances

Computerized financial literacy education presents a sustainable solution for individuals struggling to break the cycle of poverty.



2007-2017

Acknowledging Strengths...

Building Confidence...

Creating Futures

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True Self strives to provide streamlined access to services that promote the safety, self-sufficiency and wellbeing of individuals and their families by fostering a structured collaborative community response.

- To offer men and women who have experienced violence and those at risk of, a holistic approach to healing, employment and training supports.
- To empower men and women to consider, explore, pursue and achieve higher levels of training, education, or employment on their journey to economic independence.
- To work within our district to raise awareness of and sensitivity to the barriers faced by men and women who experience violence.

Focusing on meaningful plans tailored to the individual, ensuring a unique path within the program ensures growth and leads to long term employment in various fields.

If it wasn't for True Self's unwavering support and dedication, I wouldn't have gained the confidence and courage to leave an abusive relationship, learn to value myself, embrace my flaws and my past, to find motivation to finish my grade 12 and get my diploma... True Self saved me and can help other women too.

## ABC APPROACH TO HEAL YOUR LIFE

### **ACKNOWLEDGE Your Past** (50 Hours)

Change Management, Personal Responsibility, Recognizing Abuse, Spirituality, Listening, Beliefs, Introduction to affirmations, Lifelines, Vision Boards, Motivation, Lateral Violence, Healthy Relationships, Boundaries, Self Esteem, and Forgiveness

### **BELIEVE in Yourself Now** (50 Hours)

Communication, Conflict Resolution, Addictions, Co-Dependency, Self-Sabotage, Stress, Anxiety/Panic, Culture, Mental Wellness, Self-Care, Safety Planning, Self defense, and Emotional Intelligence

### **CREATE Your Future** (50 Hours)

Workplace attitudes, Leadership, Essential Skills Job Search/Resumes/Interviews Dress for Success, Employment Barriers Information Interviews, Dealing with Bad Bosses First 30 days on the Job, Employment Supports Local Employer recruitment

## COMPUTER & NUMERACY SKILLS

(100 HRS)

- **Microsoft Office™ Suite**
- **Numeracy Skills**
  - Budgeting
  - Calculating costs
  - Creating spreadsheets
  - interpreting graphs
  - Saving /Couponing

*"I became able to answer the question of who I am, because of what I learned here. I no longer see myself as just a recovering addict and abused woman. I learned coping skills for stress and for dealing with past life trauma which led me to become addicted. A great deal of my recovery came from here."*

## EMPOWERING PATHS

- Offering peer support within the Warming Centre.
- Linking individuals with the services available in the community.
- Providing connections and tools to support meeting basic needs.
- Giving men in the community an opportunity to experience True Self's holistic healing approaches.
- Empowering individuals to move forward with educational or employment goals.

## TRUE PATHS

Offering support services in;

Mattawa - Tuesdays 10am to 4pm

Sturgeon Falls - Thursdays 10am to 4pm

- Linking individuals with the services available in their community.
- Providing connections and tools to support meeting basic needs.
- Giving men and women in outlying communities an opportunity to experience True Self's holistic healing approaches.
- Empowering individuals to move forward with educational or employment goals.