



### Programs and Services

- **Abuse Prevention Education Programs:**
  - Being There Conference/Retreats
  - Youth Against Dating and Domestic Abuse (YADDA)
  - Men In Compassion - Support and Healing for male victims and abusers
  - Support Group Facilitator's Training
  - Support Groups for Victims of Domestic Violence and Sexual Abuse
- **Frieda's Healing Center:**  
Temporary safe home for female victims and their children
- **Cleone's Closet Food Pantry:**  
Provides food for over 2,000 individuals each month.
- **Cleone's Closet Activity Center:**  
Facilitates educational activities for the community

### We Need Your Help!

By giving a donation you will help us to continue our programs and services to assist victims of abuse and expand prevention education activities. Your donation is tax deductible. For more information about our programs and services and/or to give a donation visit our website at [www.whennetwork.com](http://www.whennetwork.com) or you can mail your donation to:

**Women's Healing and Empowerment Network (WHEN)**  
PO Box 9637  
Spokane, WA 99209  
509.323.2123  
188.276.5597  
[info@whennetwork.com](mailto:info@whennetwork.com)



# RESOURCES

# Training Programs\*

## Volunteer Training

This training program is mandatory for all persons having regular and direct contact with clients residing at our healing center.

### OBJECTIVES:

- To give an overview of the programs and services offered at the healing center.
- To help staff/volunteers understand the dynamics of domestic violence and related abuse.
- To expose staff/volunteers to the policies and procedures necessary to maintain efficiency and effectiveness in center management and service delivery.
- To teach staff/volunteers how to relate to and serve clients in a professional and Christ-like manner.
- To provide an environment where staff, volunteers and clients can grow as they learn to appreciate, support and value each other.

### METHODOLOGY:

1. Lectures
2. Group Discussions/Interactive Activities/Role Plays
3. Question & Answer Periods
4. Reading and written assignments

### CERTIFICATE OF COMPLETION:

Participants will be awarded a certificate of completion upon fulfillment of all course requirements. Contact hours: 30

Support Group Training for Facilitators of  
Christians in Recovery Support Groups

The purpose of the training is to help participants learn and practice tools that will help him/her facilitate recovery support groups.

Contact hours: 16

\*Contact us for date, time and venue



## Support Group Session Workbooks



### Session 7: Assertiveness Training Skills

- What is Assertiveness?
- How do You Become More Assertive?
- Homework Assignments



### Session 8: Forgiveness: Reconciliation/Restitution

- Toward Forgiveness: The Offended Work
- Toward Forgiveness: The Offender's Work
- Useful Ways to Think About Forgiveness
- Myths and Truths About Forgiveness
- Nine Steps to Forgiveness
- How Do I Forgive Myself?
- Finding Freedom in Forgiveness
- Homework Assignments



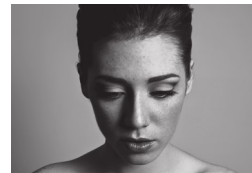
### Session 9: Emotional Abuse and Messages

- Understanding Emotional Abuse
- Overcoming Emotional Abuse
- Exercise for the Emotionally Abused
- Messages
- Life's Positions
- Homework Assignments



### Session 10: Building and Maintaining Healthy Relationships

- Toxic Intimacy vs. Healthy Intimacy
- Addictive Relationships
- Relationship Styles
- The Healthy Relationship Checklist
- Building and Maintaining a Healthy Relationship With God, Ourselves and Others
- Behaviors of Healthy People
- My Support Network
- Homework Assignments



### Session 11: Temperaments (Inventory)

- Introduction
- Sanguine
- Choleric
- Melancholy
- Phlegmatic
- Motivational Factors
- The Woman in the Glass
- Conclusion



### Session 12: Stress Management, Goal Setting and Reality Testing

- Stress Management
- Self-Help for Treating Stress
- Symptoms of Inner Peace
- Goal Setting
- Reality Testing
- Celebration

## Support Group Session Workbooks



### Session 1: The Dynamics of Domestic Violence

- What is Domestic Violence?
- The Battering Cycle
- Continuum of Domestic Violence
- Domestic Violence Forms
- Behavioral Characteristics of Domestic Violence
- Behavioral Characteristics of a Couple in an Abusive Relationship
- Characteristics of Abusers
- Characteristics of Victims
- Myths and Facts About Domestic Violence
- Homework Assignments



### Session 2: Coping With Loss, Grief or Depression

- Definition
- Common Reactions to Loss
- Depression
- Homework Assignment



### Session 3: Family Of Origin Issues

- Family Roles
- Characteristics of a Dysfunctional Family
- Traits of a Health Family
- Autobiography in Five Short Chapters
- Addictive Reactions/Behavioral Patterns
- Homework Assignments



### Session 4: Codependency and Setting Boundaries

- What is Codependency?
- Boundaries
- Ten Ways to Build and Preserve Better Boundaries
- Homework Assignments



### Session 5: Self-Esteem Empowerment

- Definitions
- Sources of Self-Esteem
- The Power of Positive Self-Esteem
- Ten Steps to Self-Esteem
- How to Love Yourself
- My Declaration of Self-Esteem
- God Made Me a Woman
- Homework Assignments



### Session 6: Dealing With Anger/Conflict Resolution

- Myths and Facts About Anger
- Dynamics of Anger
- Anger: A Two-Step Process
- Anger Tips (1-4)
- Understanding Conflict in Relationships
- Homework Assignments

## Conferences/Retreats\* The Ministry of Healing

Conference for pastors and ministry leaders designed to explore the dynamics of domestic violence: its causes, effects, and prevention. Emphasis is placed on how ministers, and church leaders can play significant roles in helping families deal with domestic violence or direct them to services and programs that provide safety, counseling, education and emotional healing. Presentations and small group interaction will culminate in a “protocol for action” in responding to domestic allegations that a pastor and church board may employ when issues of domestic violence arise.

### Being There Conference

A conference designed to provide healing, education, and relevant information for individuals who have either experienced abuse, perpetuated abuse or want to provide help and support for victims of abuse. The overarching goal of this conference is to help empower abused lives.

### Youth Against Dating and Domestic Abuse: YADDA

The first YADDA conference was held in 2011 in response to a growing need to provide a forum through which young women can become educated and empowered to end the cycle of domestic violence and sexual abuse. Through YADDA young women ages 13-19 years old are given the opportunity to attend workshops and seminars designed to assist them in their journey of healing and empowerment. Seminars and activities help enhance their learning experience, and outline steps that they can take to live abuse free lives. Held during the Being There Conference.

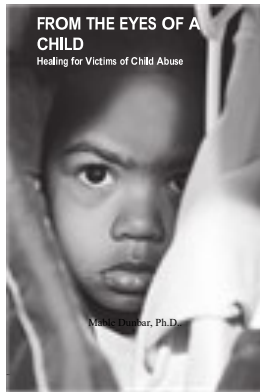
### Men Of Compassion

Conference held in conjunction with the Being There Conference where men can express their needs, feelings, personal challenges, etc. and experience healing and empowerment.

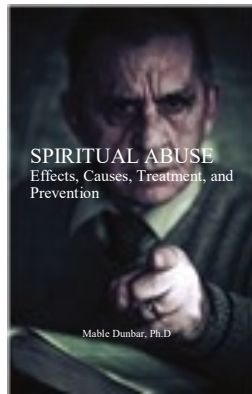
### The Truth About You Weekend Retreat

This retreat is available to women of all walks of life who function in different roles: leader, caretaker, married, single, career oriented, student, homemaker, retiree, etc. Activities provide avenues through which they can find healing and recovery from dysfunctional practices, negative thinking, loss, grief, stress, abuse, etc. Any woman who wants to discover the power and potential God has given her can find this weekend retreat a healing and empowering experience.

## Booklets (Available from WHEN)

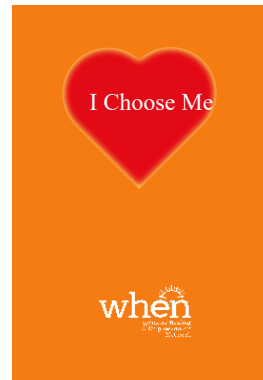


**From the Eyes of a Child:**  
Healing for Victims of Child Abuse:

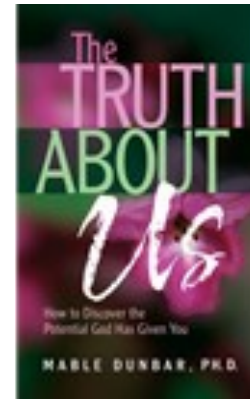


**SPIRITUAL ABUSE:**  
Effects, Causes, Treatment,  
and Prevention

Defining, understanding and healing  
from spiritual Abuse

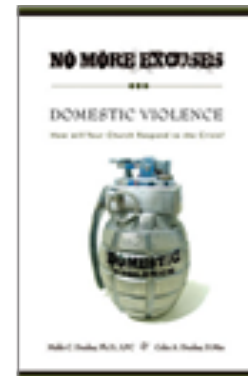


**I Choose Me**  
Affirmations for daily living



**The Truth About Us** relates stories of victims, followed by affirmation statements, personal reflection time, and active processing of personal experiences. Using a strong biblical base, the author shows that every person is of equal value to God. Her story and the stories of others who have gained freedom in Christ show the truth of our inestimable value in Him.

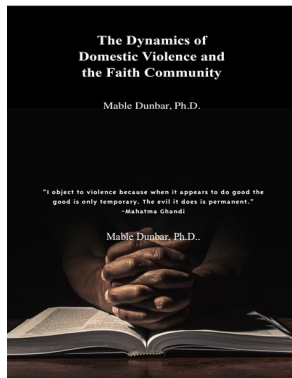
Author: Mable Dunbar  
Available from Advent Source



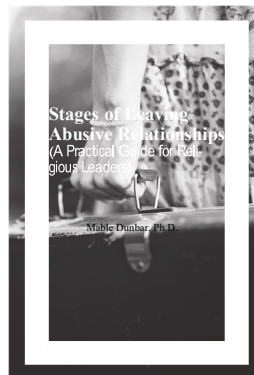
**No More Excuses: Domestic Violence,  
how will your church respond to the crisis?**

This book is an essential guide for everyone who wants to be prepared to assist the families in their church and community. It will help you learn more about God's will for your life and the lives of those in the shadow of abuse.

Authors: Colin and Mable Dunbar  
Available from Advent Source



**The Dynamics of Domestic Violence and the Faith Community.**  
Learn how the faith community can perpetuate, and end domestic violence.



**Stages of Leaving Abusive Relationships**  
(A Practical Guide for Religious Leaders)

**"SUGGESTED" PROTOCOL FOR PASTORS AND CHURCH LEADERS**  
HOW TO ADDRESS CHILD ABUSE AND DOMESTIC VIOLENCE ALLEGATIONS IN THE LOCAL CHURCH



**"SUGGESTED" PROTOCOL FOR PASTORS AND CHURCH LEADERS**  
HOW TO ADDRESS CHILD ABUSE AND DOMESTIC VIOLENCE



**Empowered** is a compilation of true stories, testimonies, creative expressions and art work of individuals who have experienced or know of someone who has experienced domestic violence and /or sexual abuse. Contributors share their experiences with the hope that the faith community will become more proactive in ending the intergenerational cycle of domestic violence and sexual abuse.

Author: Mable Dunbar  
Available from WHEN