



COMMUNITY EDUCATION PROGRAMS

Women In Transition is committed to providing educational programs that help communities recognize and respond to the linkages between domestic violence, substance abuse, child abuse, gender-based assault and community violence. We provide introductory workshops for general audiences, as well as advanced workshops for those looking to gain a more nuanced understanding of the dynamics of violence against women. Finally, we can tailor our programs to provide specialized “skill-based” training to assist professionals in a variety of settings.

Domestic Violence 101

Workshop Length: 1-3 hours

Cost: \$75

This workshop introduces the definition and dynamics of domestic violence, as well as the four types of abusive behaviors that survivors of domestic violence often face. This interactive workshop session includes discussion about the prevalence of abusive relationships, obstacles to leaving, warnings signs, how to talk with someone who may be in an abusive relationship, as well as what local resources are available. As with all of our workshops, we engage our audience in a culturally sensitive and nonjudgmental manner and welcome questions of all kind. This workshop can be tailored to any audiences including social service agencies, community and religious groups, schools and workplaces.

Teen Dating Violence

Workshop Length: 1-3 hours

Cost: \$75

Between 20 and 45% of all middle and high school students have experiences some form of physical, sexual, emotional or economic abuse by a dating partner. In this comprehensive prevention-based workshop aimed at adolescents, we increase young people’s understanding of dating violence, teach skills for building healthy relationships, provide language for breaking the silence and engage in exercises that promote respect, communication and safety. We can adapt this presentation to ages 11-13 or 14-18, or to professionals that work with adolescents.

Domestic Violence Screening in a Health Care Setting (RADAR)

Workshop Length: 1-3 hours

Cost: \$75

In addition to the basic information presented in the DV101 workshop, this workshop provides health care professionals with a greater understanding of the importance of routine, culturally sensitive domestic violence screening. Using the RADAR Domestic Violence Screening Tool, we provide a framework for initiating conversations about violence in the home, responding in a supportive and nonjudgmental manner, and providing appropriate referrals. This workshop is appropriate for all health care professionals and students.

Domestic Violence and Substance Abuse

Workshop Length: 1-3 hours

Cost: \$75

In this workshop, we introduce the basic of domestic violence and then turn our focus to the linkage between domestic violence and substance abuse. We examine the dynamics of a woman in recovery, in the midst of an active addiction or dealing with the repercussions of her partner's addiction in the context of an abusive relationship; as well as safety planning around addiction issues. This workshop can be geared toward all audiences, though it can be particularly relevant for patients or staff at substance abuse treatment facilities.

Domestic Violence and Children

Workshop Length: 1-3 hours

Cost: \$75

Researchers have long been aware of the link between domestic violence and child abuse. Even if children are witnesses to acts of violence and not the intended targets, they can be affected in the same ways as children who are physically and sexually abused. Since domestic violence is a pattern of behavior, not a single event, episodes may become more severe and more frequent over time, resulting in an increased likelihood that the children eventually become victims. In this workshop, we examine the ways in which children who witness domestic violence are affected, and what risk factors these children face.

WAVE Safety, Self-Defense and Assertiveness

Workshop Length: 1-3 hours

Cost: \$200/hour

The WAVE program teaches practical, supportive, empowering safety, assertiveness and self-defense skills to women, girls and others targets for gender-based assault. In this workshop, we teach awareness, intuition, street smarts, confident body language, safety practices, verbal assertiveness, as well as effective physical resistance skills to defend against sexual assault. Workshops include practice in dealing with harassment, intimidation, and abuse, as well as assault. WAVE programs are participatory, energizing, hands-on and inclusive – ranging from discussions and role plays to physical exercises.