

Come Join Us And Be ...

FIERCE



LIBERTY LANE
OUTREACH GROUP

Freedom ~ Inspiration ~ Education ~ Resilience ~ Collective Support ~ Empowerment

**TO COMPLETE AN INTAKE &
GET WAITLISTED FOR ANY OF
THE SESSIONS LISTED BELOW,
CALL 506-458-9774 OR EMAIL
OUTREACHCOORDINATOR@LIBERTYLANE.CA.**

FIERCE is designed to promote freedom, inspiration, education, resilience, collective support and empowerment. As outlined below, this group covers a series of session topics organized into four different modules. The topics within each module are related but not interdependent, so participants can choose which sessions to attend based on their interests and availability. Each **FIERCE** session will be broken down into two separate components: an *independent learning* component (resources available on our website) and a *collaborative learning* component (conducted in person or via online conference call).

GROUP MODULES

SESSION TOPICS

SELF ESTEEM

1. Self Awareness
2. Celebrating Yourself
3. Goals & Action Plans
4. Self Care
5. Making a Difference
6. Positive Thinking

ASSERTIVENESS

1. Assertiveness 101
2. Building a Foundation for Assertiveness
3. Basics of Non-Verbal Assertiveness
4. Basics of Verbal Assertiveness
5. Handling Requests
6. Handling Conflict

GROUP MODULES

SESSION TOPICS

OTHER LIFE SKILLS

1. Managing Emotions
2. Zones of Regulation
3. Healthy Relationships

DOMESTIC / INTIMATE PARTNER VIOLENCE

1. Unhealthy/Abusive Relationships
2. Understanding Abusers
3. Understanding Trauma & Building Resiliency
4. Safety Planning
5. Supporting Victims/Survivors
6. D/IPV & Legal Issues/Processes
7. Parenting in Context of D/IPV
8. D/IPV & Youth
9. D/IPV & Minority Groups

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LIBERTY LANE OUTREACH GROUP 2024 CALENDAR

UPDATED MAR 25/24

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FIERCE will run on an **ONGOING** basis throughout the year. The *independent learning* component can be completed at any time, as all of the resources are available online. The *collaborative learning* component for **EACH SESSION TOPIC** will typically be offered **TWICE A MONTH**, ideally in person or via online conference call if necessary. There will be a daytime option on a **FRIDAY** (10:30 - 11:45 AM) and an evening option on a **TUESDAY** (6:00 - 7:15 PM). This group is **FREE** and available to any female-identified person in the community. However, **REGISTRATION IS REQUIRED** and priority will be given to existing Liberty Lane outreach clients. Please **CALL 506-458-9774 OR EMAIL OUTREACHCOORDINATOR@LIBERTYLANE.CA** for more information.

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S								
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