



MONTGOMERY COUNTY
Women's Center



PERSONAL EMPOWERMENT PROGRAM (PEP)

WHAT IS PEP?

The goal of the PEP program is to educate and empower participants to make better decision regarding relationships in their life. Participants will examine healthy and unhealthy aspects of past and present relationships. Through a variety of worksheets, discussions and activities individuals will learn new skills for healthy interactions. Our agency is committed to the prevention of sexual and dating violence and we believe that programs such as PEP can start the process of changing attitudes, beliefs, and behaviors that contribute to these types of violence.

The program consists of 5 – two hour sessions.

Please call Viviana at (936) 441-4044 ext. 32 to enroll for PEP.

Must attend all 5 classes. Certificates will be provided upon completion of the program.

TOPICS

Week 1: Defining Abuse and Respect & Myths and Facts about DV

Week 2: Identifying and Expressing Feelings, Healthy Communication & Boundaries

Week 3: Characteristics of a Batterer & The Role of Substance Abuse, The Cycle of Violence & Why People Stay

Week 4: The Effects of Family Violence on Children

**Week 5: & Safety Planning
Self Esteem & Empowerment**

2018 SCHEDULE

MUST CALL TO REGISTER

**CLASSES EVERY
THURSDAY**

- 10 AM – 12 PM
- 6 PM – 8 PM

January 2019

Jan. 10 – Feb 7

Feb/March 2019

Feb 21 – March 21

April 2019

April 4 – May 2

May 2019

May 16 – June 13

June/July 2019

June 27 – July 25

August 2019

Aug 8 – Sept 5

September 2019

Sept 19 – Oct 17

HOSTED BY:

**MONTGOMERY COUNTY
WOMEN'S CENTER**

**1401 AIRPORT RD
CONROE, TX 77301**

WWW.MCWCTX.ORG