



# PEACE

## **SUPPORTING CHILDREN AND PARENTS AFFECTED BY FAMILY CONFLICT AND CHANGE.**

PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) provides individual and group support to children aged three to 18 and their parents.

The program seeks to break the cycle of abuse, and empower children to develop positive self esteem and the ability to express themselves in healthy ways.

### **Participants:**

- Learn to identify and express emotion in healthy ways.
- Share their feelings in a safe, supportive environment.
- Explore strategies to cope with family conflict, change, and abuse.
- Learn and practice communication skills and problem solving techniques.
- Learn they have the right to safety.



If you need **help**, or know someone who does, call **250 763 1040**.

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Children who have experienced family conflict and change may display symptoms such as:

- Depression and/or anxiety.
- Hyperactivity.
- Night terrors and/or insomnia.
- Poor conflict resolution and anger management skills.
- Anger and aggression.
- Bed wetting.
- Loss of self-esteem and confidence.
- Withdrawal or clingy behaviours.
- Loss of appetite or over eating.

**“My daughter had so much fun at children’s group. It really helped her to start expressing her feelings more openly. It improved our communication, and how she feels about herself.” - Parent**

## PEACE:

- Meets weekly for multiple sessions.
- Includes age-targeted groupings.
- Is customized to the ages and needs of the participants.
- Incorporates arts, crafts, activities, and games.
- Focuses on topics such as self-esteem, identifying feelings, communication, anger, abuse, safety planning, and family change.



For more information on PEACE email [peace@kelownawomensshelter.ca](mailto:peace@kelownawomensshelter.ca).

[kelownawomensshelter.ca](http://kelownawomensshelter.ca)

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