

The Outreach Centre:

What is the Outreach Centre?

CAWOS began in 1984 as an agency devoted to supporting women affected by family violence. This continues as a special emphasis in programming, public service and public education. Today we have expanded our programming to help all individuals meet their personal goals and find solutions to the barriers they face.

Mission: Working to end family violence and poverty by supporting people in their pursuit of a safer, healthier more secure life.

Mandate: Help people address domestic abuse and overcome the effects of poverty through the development of effective partnership, relationship, education and programs.

Our model is to provide families with a variety of formats in which to learn more effective coping skills and options for making positive choices in their lives and the lives of their families.

If you have any questions or concerns please contact The Outreach Centre at 403-347-2480.

Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead

Even the smallest piece of the puzzle is needed to complete the picture.

The Women's Outreach would like to acknowledge and thank all our funders who help to financially support our programs and services to help us strengthen the lives of families in Central Alberta.

The Women's Outreach is funded in part by:

Alberta Health Services

Alberta Law Foundation

Central Alberta Child and Family Services

Family and Community Support Services

Private/Anonymous Donors

Justice and Solicitor General

Canadian Women's Foundation

United Way of Central Alberta

Alberta Human Services

The City of Red Deer

Service Canada

Hours of Operation

Monday thru Friday

8:15 - 4:15

(Open through lunch hour)

You can find us at:

4101-54 Avenue
Red Deer, Alberta, T4N 7G3

Contact us at:

Phone: (403) 347-2480
Toll Free at : 1 (866) 347-2480
e-mail at: outreach@womensoutreach.ca
On the Web at: www.womensoutreach.ca

The Outreach Centre Programs



If you want to go somewhere fast, go alone

If you want to go far, go together

~african proverb~



Red Deer Housing Team

The Red Deer Housing Team (RDHT) is an inter-agency team which delivers the Housing First Model using a scattered site approach. This program is intended to serve chronic and episodically homeless individuals within the principles of "Housing First," we also deliver a rapid rehousing and prevention stream to the program. It is our belief that housing is a right not a privilege for citizens in our community. Each of these partnering agencies continue to work extensively in the areas of homelessness, serving individuals impacted by family violence, addiction, mental illness, disability and poverty.

Julietta's Place

Julietta's Place is a housing option for women and children fleeing domestic violence. This 18 month program provides 10 affordable secure suites while families participate in intensive programming as they learn to live life free from violence.

Currently Julietta's Place is the only facility of its kind available in Central Alberta.

Domestic Violence Support

Domestic violence is defined as a pattern of abusive behaviours by one partner against another in an intimate relationship such as a past or present marriage, dating, family, or cohabitation. Domestic violence has many forms including physical aggression or assault (hitting, kicking, biting, pushing, pinching, restraining, slapping, strangling, throwing objects) or threats thereof; sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking; harassment; passive/covert abuse (neglect); and financial abuse.

REMEMBER

HOPE?

We Do Too.

Safe Visitation

A neutral based program that allows children to continue visiting non-custodial parents in a supportive environment in situations when , families are dealing with the impact of domestic violence in Central Alberta.

We support the premise that children grow up to be healthy and adaptive individuals and contribute to the community knowing that both parents love and support them.

Monitored Exchange

We safely transition children from one parent to another to eliminate the children from witnessing a negative interaction between the parents.

REMEMBER

SAFETY?

We Do Too.

Outreach Programs

Outreach services is comprized of a few different programs. intake processes, housing, domestic violence diversity housing, rural outreach, interagency meetings and our personal hygiene program.

To access these programs the clients will fill out a pre-intake form and meet with the appropriate outreach worker where their needs are addressed.

Rural outreach and interagency meetings help us bring our services throughout Central Alberta.

Covering The Basics

Covering the Basics is a pilot project funded by Human Services Alberta Works, that focuses on income support and AISH clients.

Our Financial Administrator helps our clients learn to manage their funds by making sure their basic needs are met, (rent, utilities, food, etc).

REMEMBER

FAITH?

We Do Too.

Womens Group

A Drop-in psycho-educational group for women 18 and older who have been affected by Domestic violence. This group provides women with a place to sit with peers and empower themselves through learning about relationship dynamics and positive self image.

This is a free ten week group, that works on understanding the dynamics of abuse, healthy relationship building and personal growth. After group sessions clients are eligible too advance to our Boundaries group to further strengthen their resolve.

Men's Group

A therapeutic program for male victims of violence in an intimate partner relationship. It is a program that focuses on therapeutic change for men who want to be part of a healthy relationship and have a non-abusive future. The program addresses issues of abuse in intimate relationships and offers methods of coping with its effects.

Boundaries

This program helps and supports women wanting to learn about creating healthy boundaries. In a group atmosphere our qualified facilitators will teach the skills necessary to maintain healthy relationships.

Kid Power

A play therapy group for children who have been affected by domestic violence. There is a separate psycho-educational group for parents whose children have been affected by domestic violence. The groups run for 10 weeks. The parents portion and children's portions are run separately.