

EMPOWER

Building Resilience to Address Domestic Violence

1.1 Building Family Relationships

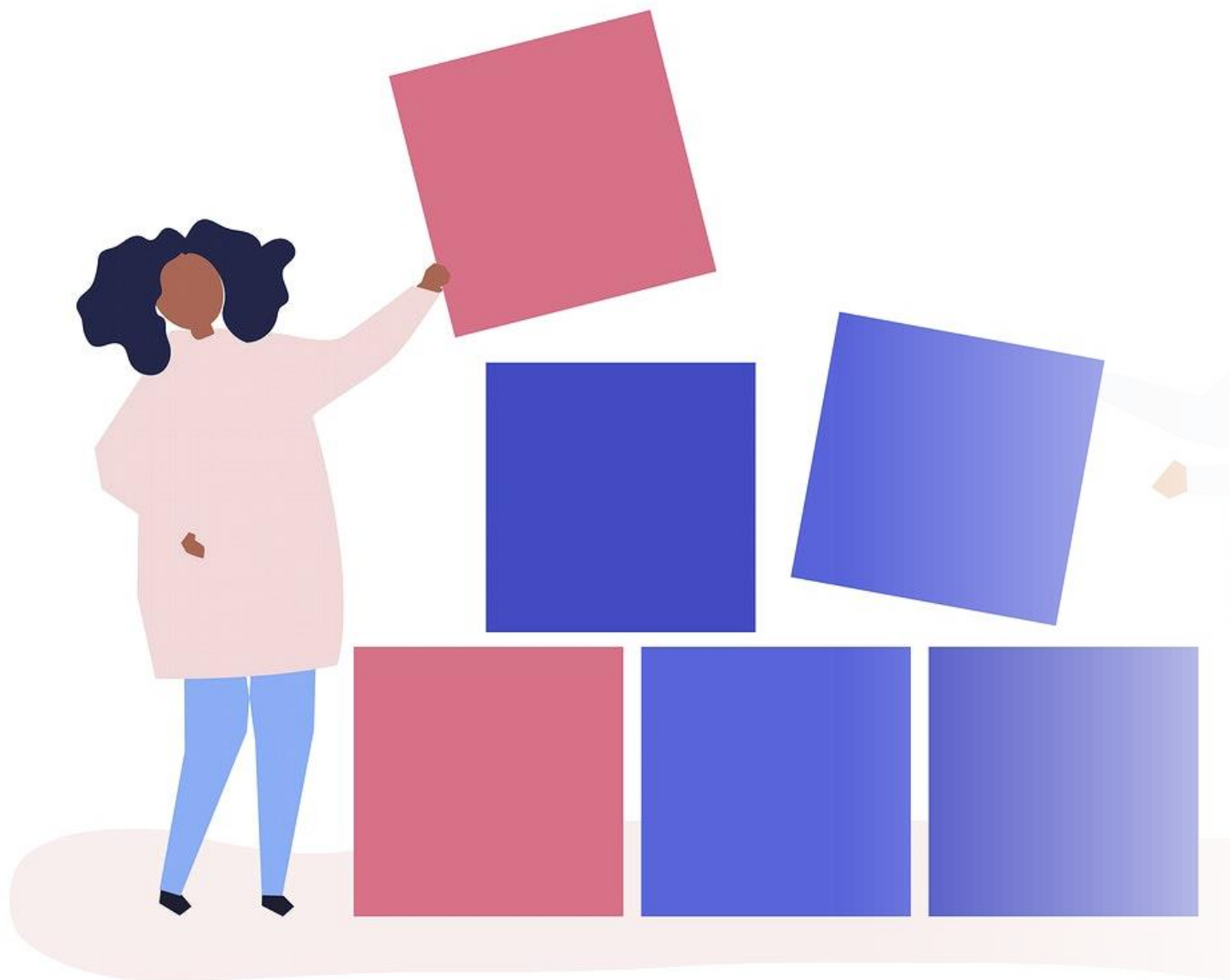


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Learning Outcomes

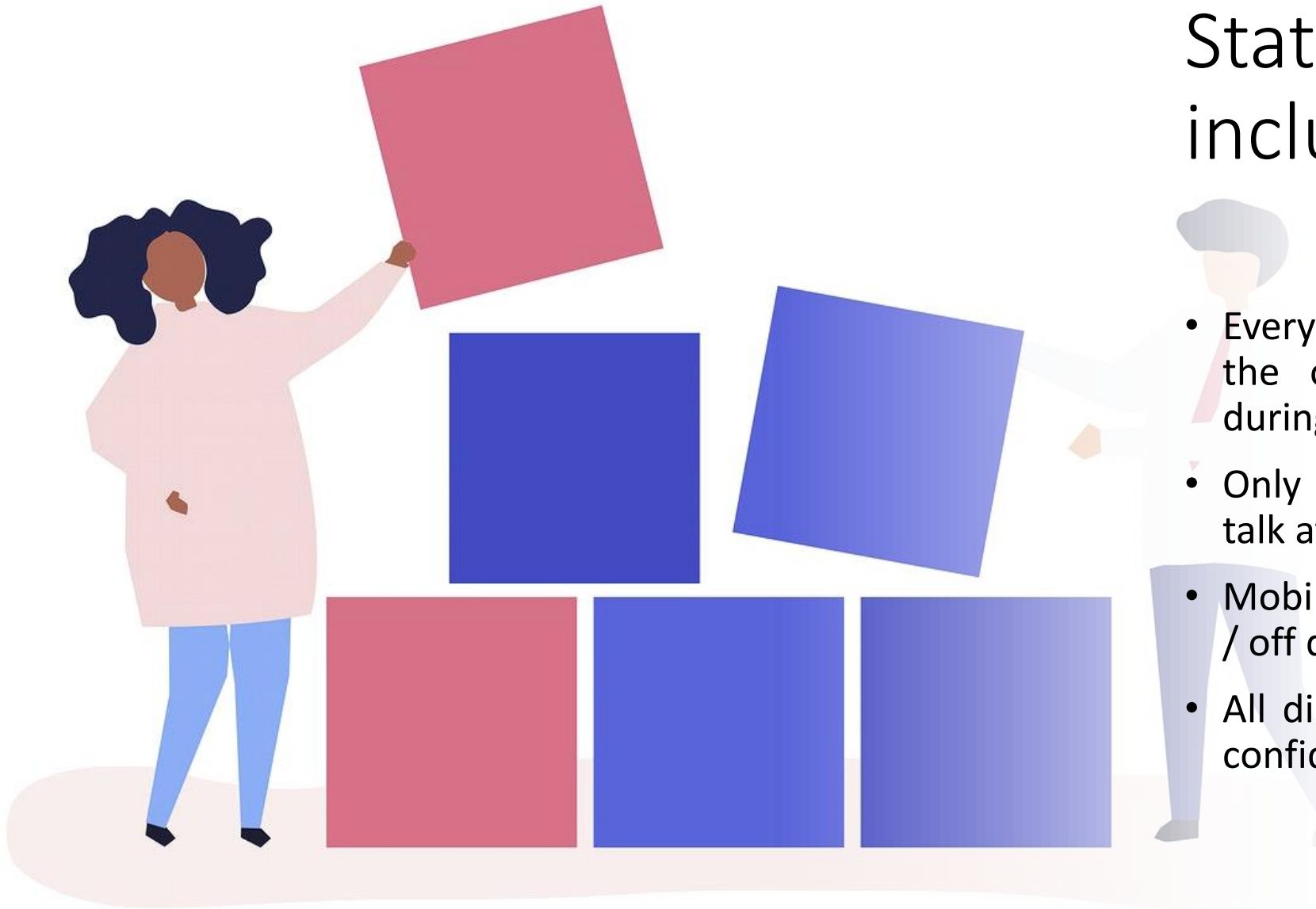
- By completing this session, you will:
- Create a comfortable group setting.
 - Identify and recognise the importance of quality family time.





Group Agreement

- As a group, you should work together to create an open and respectful environment.
- You should suggest and agree on a series of statements which will act as a group agreement for this training session.
- Once you have collectively agreed on the statements, all individuals should sign the agreement.



Statements can include:

- Everyone will be provided with the opportunity to contribute during the session.
- Only one person is allowed to talk at a time.
- Mobile phones should be left on / off during the session.
- All discussion topics will remain confidential.



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Time Thieves in your family setting

- Quality time is one of the things that most families claim to lack in their lives.
- It can be challenging to step away from all of our distractions and to pay attention to the world around us and being available for each other as a family.





Activity - Time Thieves

- What are the most common examples of time thieves in your family?

DON'T
waste
YOUR TIME

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