

## Are you seeking INFORMATION & RESOURCES about Domestic Violence?

- Has Domestic Violence touched your life?
- Are you feeling alone?
- Are you looking for answers?
- Do you feel the need to explore the effects of Domestic Violence in your life?

## S.O.A.R. is a Domestic Violence Education/Self Awareness Program that covers the following topics:

- What is Domestic Violence.
- How does Domestic Violence affect children, family & your community.
- Anger (yours not theirs).
- Boundaries.
- Assertive vs. Aggressive Behavior.
- Self-Care Topics

## Inspirational Quotes

*"You must do the thing you think you cannot do."*

*~Eleanor Roosevelt*

*"Let us not look back in anger, nor forward in fear, but around in awareness."*

*~James Thurber*

*"History, despite its wrenching pain, cannot be unlived; however, if faced with courage, need not be lived again."*

*~Maya Angelou*

*And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."*

*~Anaís Nin*



### **Vera House, Inc.**

6181 Thompson Rd  
Syracuse, NY 13206

315.425.0818

24-Hour Crisis & Support Line

[www.verahouse.org](http://www.verahouse.org)

# Seeking

# Out

# Answers

# Resources



## A Domestic Violence Education/Self Awareness Program

Presented by:

**VERA HOUSE**  
INCORPORATED

# S.O.A.R. Curriculum:

## What is Domestic Violence?

*We explore the dynamics of domestic violence through education regarding "power and control, the cycle of abuse and the continuum of violence." We will explore the various tools used by an abuser to dominate and control their partner.*

## How does Domestic Violence effect my children and my community?

*We will discuss the effects of exposure to domestic violence on children. Our discussion will include the effects of domestic violence on your extended family and your community.*

## Why do women stay?

*Once we have established an understanding of the dynamics of domestic violence we will discuss the reasons women stay, which are as personal as each person's experience but similar in many ways.*

## What are boundaries?

*We will discuss the importance of setting personal boundaries as a way of taking back control of your life.*

## Does mainstream society contribute in any way toward a culture that accepts violence towards women?

*We will discuss the mainstream cultures portrayal of women in advertising, music, movies, television, the internet, etc., in an attempt to become self aware of messages we are all exposed to.*

## What do I do with my anger?

*Anger does not have to take the form of a negative emotion. We will explore ways to recognize, utilize and identify our anger in order to understand this most intense emotion.*

## What is the difference between assertive and aggressive behavior?

*In order to take back control over your life; the choices between assertive and aggressive behavior may determine the difference in wheather your suffesful for the long haul.*



## What community resources are available to me?

*We will discuss available services within the community and how to access them to fit your needs.*

## Is self-care important at this time?

*Often your needs are put aside in order to provide attention to the abuser. We will discuss the importance of recognizing your self care needs and priortizing them.*

## A message from the creator of S.O.A.R.:

*The S.O.A.R. curriculum is a work in progress, ever evolving to encompass the needs of each individual as well as the needs of the group as a whole. The experience of self awareness through education is the foundation of the program.*

*Please call Roseanne at 315-425-0818 to discuss the S.O.A.R. program. A new program begins every 10 weeks. Details will be discussed privately on an individual basis.*

**All Classes are Free of Charge**