



**WOMEN & CHILDREN  
PRECIOUS SHELTER**

*Website: [www.wcpreciousshelter.ca](http://www.wcpreciousshelter.ca)*

*Ph: 1 437 855 3301*

**WCPS & Community  
Programs**



Funded by the  
Government of Canada | **Canada**

WCP offers an array of handpicked programs to provide optimal growth and development in our clients and surrounding communities. We are committed to addressing their social-emotional, self-care, employment, and educational needs. Our goal is to equip women with tools to be self-sufficient, for a seamless transition back to everyday living.

## Our Core Programs

### ***Educational Services:***

The women will have access to: (in-person/on-line delivery)

- Entry level - advanced computer/technology proficiency programs  
(Word, PowerPoint, Excel, Emailing, Texting, On-line Banking...)
- Learning how to use social media safely (Employment, entrepreneurial networking, and personal usage)
- Completion of high-school diplomas
- College & university enrollment assistance
- Adult Tutoring
- English, writing, and math enhancement classes
- Access to on-site devices for on-line education
- Financial literacy
- Child-minding for the purposes of continuing education

Our educational programs are designed to give and restore women's autonomy over their future via education. During the time spent at WCP, our ladies will be exposed to tools to propel them towards new areas of learning, or completion of previously started programs. WCP's educational programs are a cut above the rest.

*\*WCP will outsource and offer in-house delivery of these services. Once all program models of the above-mentioned areas are solidified, WCP will amend this document.*

### ***Employment Services:***

The women will have access to:

- Resume writing/enhancement classes
- In-person and on-line interview etiquette skills training
- Employment agencies
- Child-minding for the purposes of job seeking and interviews
- Career advice/mentoring
- Entrepreneurial advice/mentoring
- Interview/return to work apparel assistance
- Expungement of criminal records (Pardons Canada)
- CPR & WHMIS classes (Often employment requirements/advantages)

Our employment programs meet the needs of each woman where they are. We will assist them to scaffold on their existing skills, and/or guide them towards career choices where they will be successful. Enhancing their proficiencies to be employable and retainable, is our primary goal.

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***Housing Programs:***The women will have access to:

- An assigned housing outreach personnel (*In-house*)
- The Region of Peel's PATH (*Peel Access to Housing*), program (*Short-term, permanent & home ownership programs*)
- Application completion assistance
- Partnered shelters, for transitional or emergency housing
- Peel Living rent geared to income/subsidized application process
- Victims Service of Peel Housing information
- Peel emergency/eviction moving funds

WCP's goal is to offer abused women a plethora of reputable housing programs in the city of Peel. We have and will continue to work collaboratively with other shelters and community based organizations, to ensure our clients have access to safe, transitional, permanent, and possible home ownership. We understand the difficulties associated with finding housing in our present climate, and we are dedicated to making the process less daunting for women.

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***Health & Wellness:***The women will have access to:

- Self-defense classes
- Yoga and exercise programs
- Mental health counselling
- Healthy eating and cost efficient meal preparation programs
- Peel Public Health programs information (*dental, pre/post pregnancy...*) programs
- Addiction services in (*smoking, alcohol, gambling...*)

WCP's health & wellness programs undoubtedly speak to the challenges women in "survival mode" encounter. After traumatic experiences, it is an arduous task to find resources, to address both theirs and their children's (if applicable), mental and physical health needs. Women and Children Precious Shelter's health and wellness programs eliminates the women's frustration in this process

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### ***Children Programs:***

#### The children will have access to:

- Tutoring/homework assistance
- Trauma recovery
- Social-emotional intelligence building activities
- Mental-health awareness and coping strategies
- Online safety education
- Physical activities (yoga, basketball, soccer...)
- Peel Public Health vision, dental... programs
- Gardening
- Art activities
- Cooking

WCP's children programs cater to the whole child *-physically, mentally, and emotionally*. During their stay at WPC, our age directed programs will support, restore, and encourage resilience in each child.

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## WCP Enhancement Programs

### ***Chozen Trauma Recovery Program: 18+***

#### Participants will:

- Identify the source(s) of their trauma
- Identify their triggers, coping devices,
- Work through the process of forgiveness
- Will plan short term and long-term goals
- Learn to implement/practice positive self-care /restorative healing in their lives
- Learn to communicate their needs in all their relationships

#### **Program Outline:**

Week 1: ~ Program Information  
Week 2: ~ Identifying Your Trauma  
Week 3: ~ Triggers & Coping Devices  
Week 4: ~ Trauma Responses & Effects  
Week 5: ~ Let's Talk Self-Care/Advocacy  
Week 6: ~ Forgiveness Prt. 1 (Others)  
Week 7: ~ Forgiveness Prt. 2 (Self)  
Week 8: ~ Positive Relationships  
Week 9: ~ New Vision  
Week 10: ~ Graduation

Chozen Trauma Recovery is a safe and non-judgmental, 10-week program. Each class addresses and teaches strategies to work through stages of experienced traumatic events. After program completion, participants will be able to engage in relationships free of the negative behaviours and emotional baggage once attached to their trauma(s).

*\* This program will be outsourced to Chozen 2B Whole INC.*

***Chozen Sexual Trauma Recovery Program: 18+***

**Participants will:**

- Gain a positive perspective of who they are – not through the lens of their sexual trauma(s)
- Gain an invaluable awareness about their triggers, & coping devices
- Be equipped with positive decision-making tools
- Work through the stages of forgiveness
- Be able to advocate and protect themselves
- Be equipped with tools to be in control of their future relationships
- Set attainable, sustainable, and measurable life goals
- Be celebrated (small graduation)
- Receive supporting material about various agencies and community organizations

**Program Outline:**

Week 1: ~ Program Information

Week 2: ~ Types of Traumas

Week 3: ~ Triggers & Coping Devices

Week 4: ~ Trauma Responses & Effects

Week 5: ~ Let's Talk & A Therapeutic Art Activity

Week 6: ~ Forgiveness Prt. 1

Week 7: ~ Forgiveness Prt. 2

Week 8: ~ Choosing 2B Whole

Week 9: ~ New Vision

Week 10: ~ Graduation

Chozen Sexual Trauma Recovery is a safe and non-judgmental, 10-week program. Each class addresses difficult topics related to sexual trauma and the painful affects it has on the individual, their family and friends. After program completion, participants will be able to have meaningful and restored relationships, free of self-sabotaging behaviors.

*\*This program will be outsourced to: Chozen 2B Whole INC.*

***Mindful Parenting ToolKit:***

Program Outline:

Week 1: ~ Parents Orientation Kit

Week 2: ~ New Era Parenting Mindset

Week 3: ~ Parenting Role Plays That Foster Positive Mental Health

Week 4: ~ Emotional Connection with Children

Week 5: ~ Correct Misbehaviour while Fostering Mental Health

Week 6: ~ Parenting Role Plays to Foster Mental Health

Week 7: ~ How Create and Maintain Harmony At Home With Fewer Frustrations

Week 8: ~ Mindful Parenting Certificate + Parenting Affirmations

Mindful Parenting ToolKit is a 8-week program that fosters positive mental health for both mother and child(ren).

*\*This program will be outsourced to: Mindful Parenting ToolKit INC*