



Dixon Transition Society
Project Impact Report
June 2018

Introduction to Organization

Statistics about domestic violence in Canada are alarming. One in five women experience some form of abuse in an intimate relationship. On average, every six days a woman in Canada is killed by her intimate partner, and it's estimated that annually 362,000 children witness or experience family violence.

Dixon Transition Society has been providing services to women and children survivors of domestic violence for over 45 years. We recognize how profound the impact of violence is on the lives of the women and children we serve, and we are committed to helping them rebuild their lives free from violence.

Housing is an essential service for women escaping domestic violence in most cities, but especially in the Lower Mainland where housing costs can be a prohibitive economic barrier. Providing affordable, supportive housing options are essential to breaking the cycle of domestic violence. After years of supporting women and children, we know that access to safe housing is just one aspect of service women need when escaping violence. Comprehensive support offered by trained staff completes the continuum of care and this is what makes our programs unique.

We offer a transition house along with second and third stage housing to address the range of support women and their children may need. In addition to housing, women have access to counselling programs, career development assistance, housing support, children's support programs and more.

Description of Program

For the purposes of this research, we focused on Wenda's Place, our second stage housing facility, where women and children are living independently in their own independent apartment units. Staff are on site to offer support during business hours Monday through Friday and assist women in navigating the system of service, provide emotional and practical support and connect families with information and referral to available resources in the community.

Because women are welcome to stay at Wenda's Place for up to two years, it should be a place where women feel they can gain some stability, set goals, and re-establish their independence. Our hope for the women who stay at Wenda's Place, is that they grow in confidence and self-love, that they have space to process the violence they have experienced and understand it is not their fault, and that they are provided with new opportunities for learning and a fresh start for the future. For the complete list of the indicators we explored going into this project, please reference appendix A.

Methodology

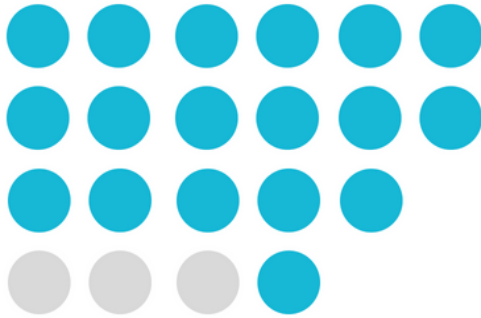
The purpose of our evaluation was to assess the impact of Wenda's Place Second Stage Program on the lives of the women who have participated in the program in the past three years. Over the course of the project, staff:

- a. developed areas of intended impact
- b. constructed and implemented qualitative and quantitative tools to collect data, and

c. analyzed qualitative and quantitative tools to generate overarching findings.

Qualitative

Staff compiled a list of women who participated in Wenda's Place Second Stage



Staff contacted 22 women by phone for in-person interviews. A total of 19 in-person interviews were conducted giving us a response rate of 86%.

Program in the past three years from program records. From this list, staff contacted 22 women by phone for in-person interviews.

A total of 19 in-person interviews were conducted giving us a response rate of 86% for our qualitative data collection.

Six staff members conducted individual, in-person interviews, allotting one hour in length for each participant. Staff followed a qualitative interview protocol consisting of 22 questions (see Appendix B).

We developed the interview protocol by using the Heart Triangle method of evaluation. We wanted to know as a result of participating in the program: what women learned or realized that changed their beliefs about themselves and their experiences; what did they do differently that changed who they became; and last but not least how participating in the program changed how they felt about themselves and renewed their self-love.

The other key consideration behind developing our interview protocol was to use a trauma-informed approach. This meant we designed the questions and approached the interviews and surveys with an emphasis on the strength and resiliency of the women and children we serve and strived to recognize and name the responses to trauma while emphasizing physical, psychological, and emotional safety for the participants. We wanted to ensure the process created opportunities for survivors to rebuild a sense of control and empowerment.

Quantitative

Staff created a survey comprising of 18 questions to collect quantitative data (Appendix C). The survey included a range of demographic, retrospective, Likert, ranking, and short answer questions. Our intention with the survey design was to make it accessible and empowering for the women answering the surveys.

Questions were created with the intention of measuring our intended and theorized areas of impact outlined in appendix A. We recognized that ensuring a high response rate would be challenging given the nature of clients' demanding and busy lives as single parents. Accordingly we hosted participants during an event where they would be provided with child care and pizza, as the time of event was after school hours and dinner time for families with young children.

We invited all 19 women who participated in the qualitative interviews and spent time reviewing the survey questions as a group to address any questions and language barrier. We received 17 total survey responses equal to 89% of total participants. (15 responders filled out their questionnaires in person, while two submitted them afterwards.)

The completed quantitative surveys were then transcribed into Survey Monkey, which allowed us to analyze the data to determine key findings and identify common trends.

Key Statistics:

- **Population size:** 22 Women between the ages of 29-60 years old.
- **Qualitative Sample Size:** 19/22 Women
- Qualitative Response Rate: 89%
- **Quantitative Sample Size:** 17/22 Women
- Quantitative Response Rate: 86%
- **Interview team:** 6 staff members including Executive Director, Manager of Operations and Services, Transition House Program Coordinator, Second and Third Stage Program Coordinator, Communication and Development Coordinator, and Women's Support Worker.

Four out five women interviewed have post secondary education.



We also asked our participants to identify their level of post-secondary education. 80% of participants identified holding a post-secondary diploma or university degree. This finding speaks to the fact that domestic violence can happen to any woman regardless of class, socio economic status or education.

Finding 1: *I think I can, I think I can, I know I can, I know I can*

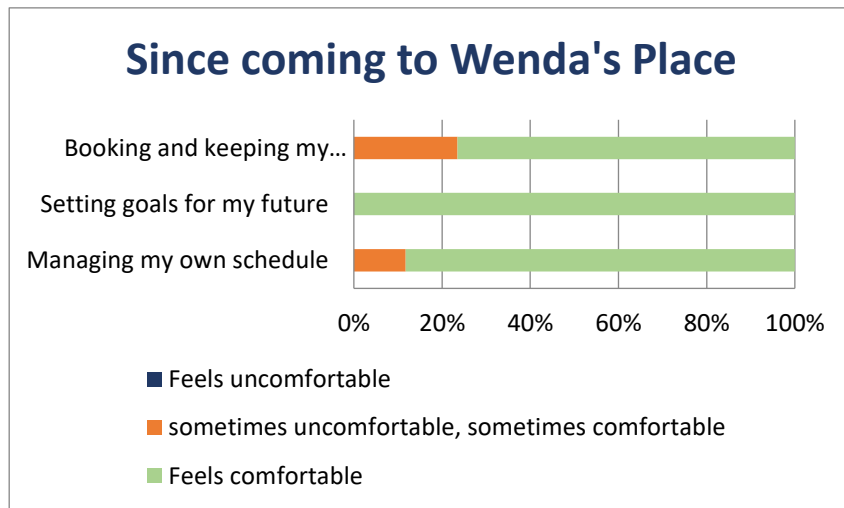
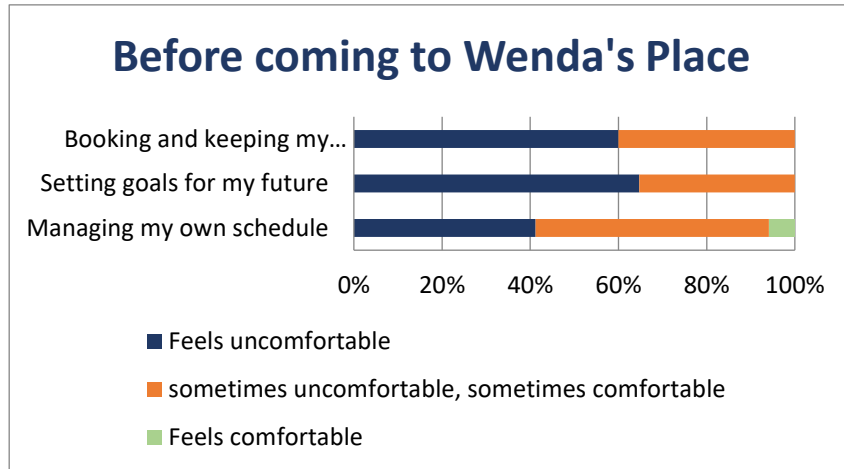
Key Insight:

When women are empowered with tools and skills for life and given freedom to use them, their confidence blossoms, and for many, so does a newfound self-love.

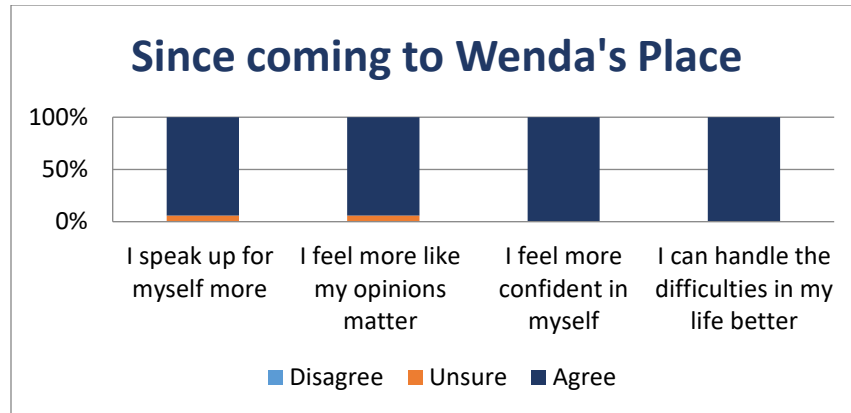
Description of the finding:

When welcomed at Wenda's Place, women are given their own apartment space where they can settle for up to two years—often a nice upgrade from a communal transition house living space, from where they likely arrived. The ownership over their space and the promise of a year or two long stay allows women time to not only emotional heal from past trauma, but also to set goals and begin to reimagine what life looks like moving forward. The system can feel

daunting: often women need extra help in areas like applying for income assistance, finding resources for their children, learning a new language in some cases, and so on. Yet with the help of Dixon staff, women find that they are empowered and assisted in a way that allows them to reclaim ownership of their own home, family structure, finances, education, career goals, and more.



One woman described that by utilizing Dixon's employment support program, she was able to gain the confidence to apply for jobs; she is now gainfully employed and no longer living on income assistance. For others, statements like "I became more confident because of this place," and "I love myself," show an incredible internal buoyancy. There is often freedom in this boost in confidence. Many are very proud of how far they have come and now believe they have the arrows in their quivers to face new challenges.



Significance of the finding:

Hearing from women that have experienced a growth in self-confidence while at Wenda's Place is naturally encouraging to Dixon staff. Moreover, it means something deeper is happening during their time with us. We can offer a clean, safe place to live, access to resources, emotional support, and so on, but none of those things necessarily equate to a boost in confidence.

This finding shows that those things are indeed meeting needs that then empower women to be free to regain control over their own lives. By offering women a venue in which they can gain confidence for the time they need it, a transformation takes place within them that is long-lasting and sustains itself far past the walls of our programs.

One indicator we wanted to measure was whether women learn financial literacy while at Wenda's Place. To our surprise, we found that most women indicated they either already felt financially literate before living at Wenda's, or their primary source of financial education was not at Dixon. Many women are connected to other community resources, often through the help of our staff, and several indicated that they learned more about financial literacy in those settings than at Wenda's Place.

Steps forward:

It is clear that women feel empowered when given the tools to run their own lives. We would love to be able to offer more training programs, such as designated drop-in times, where women could receive support with building resumes, applying for jobs, or practicing interview skills. Similarly, since some of the women we serve do not speak English as their first language, offering conversation circles where they can grow in their lingual skills would be ideal. Other, less-lofty adjustments to our current programming would be providing career mentorship from volunteers and professional women in the community who would be willing to spend time engaging and supporting our women in their own career journeys.

Finding 2: Strength, Resilience, and Self-Care

Key Insight:

In being kind and caring toward themselves, women realize their impressive strength and resilience.

Description of the finding:

"It's important that I do things just for me," voices of various women echoed throughout our interview sessions. Why do we encourage self-care so strongly? When a person focuses on being kind to herself first, two things happen: 1. She acknowledges her own importance and value as a human being. 2. She has more energy in her tank, so to speak, to give to others in her life (her children, her friends, her co-workers or supervisors). In realizing both elements, women often rediscover their own strength and capacity. One client shared how proud she was of herself for not turning to coping mechanisms like drugs or alcohol, because of the alternative skills that were offered to her at Wenda's Place. That realization evoked a spirit of resistance and power.

Another woman mentioned how her children want to see her do things like go to yoga or take time for herself, because they feel the positive impact of that within their family. A huge portion of this learning is also identifying that resilience does not mean never saying no; in fact, learning one's limits and need for rest can be one of the most powerful and effective tools a woman can gain. When released from a parasitic and abusive relationship and settled into a place like Wenda's, we hear accounts of women growing to a place of self-sufficiency and making decisions for themselves. One challenge that many women face is the obligation to communicate with their abusive partner, because of children they share. In a magnificent display of her own strength, one woman said, "I forgive my ex. Not because I need him, but because he needs help and love."

Significance of the finding:

When women experience violence, they are told both directly and indirectly that they are unimportant and that their value is conditional. When they come to Dixon, our staff communicates an alternative message, but there is no switch that can just be flicked on. It takes time, persistence, and practice, yet it is heartening for us to hear from women that they do come to realize the power of prioritizing and protecting themselves. A woman who knows how to care for herself, who sets boundaries for herself, and who can stand in her own power is an independent and free woman. It is our hope to see this defense of one's self translated into future thriving relationships and settings of all kinds for the women who come through Wenda's Place.

*In a magnificent display of **her own strength**, one woman said, "I forgive my ex. Not because I need him, but because **he needs help and love.**"*

Steps forward:

Perhaps the most pertinent barrier we recognize women face is the lack of affordable childcare available to them when they feel ready to achieve their goals but have no place where their kids can go. We dream of being able to offer childcare onsite at our facilities, which would require building a new multi-purpose venue, that would allow for childcare and a childcare staff, as well as space for more workshop or outreach events, such as our yoga classes, in the evenings.

80% of women reported that they attend counselling because they want to, as a way of practicing self-care



Currently the promise of our current yoga program is only good through 2019 and we would love to explore ways to keep that vital and highly valued piece of our programming in place for women.



70% of women reported that weekly yoga was a primary and restorative self-care technique.

More casually, the nature of working with women is that women—no matter who they are, where they come from, or what they have been through—crave to feel good in their bodies. Offering regular beauty services through community volunteers, such as manicures and pedicures, haircuts, facials, and so forth, could be a great way to remind the women that we serve that it is okay and even good to care for themselves and would relieve the financial barrier of them being able to enjoy such services.

Finding 3: *Dreaming in Colour*

Key Insight:

Women find that with the help of Dixon staff and services, their overall mental health and wellbeing is vastly improved. Life feels hopeful again.

Description of the finding:

Experiencing trauma takes a significant toll on a woman's mental health. Not to their fault, but to the fault of the horrific situations from which they arrive, we

often meet women exhausted, anxious, and heavy-laden. We were amazed to hear about how transformative Wenda's Place is in improving women's mental health and instilling a sense of hope and optimism. "My dreams have even changed here," one client shared. "I would have recurring dreams that I was stuck in a circle and couldn't get out. But now, in fact, just last week, I had a dream I was flying. I hadn't dreamt that since my teenage years. And my dream was colourful! To me that is a sign that something has or is opening up."

Another mentioned being able to sleep better, while many mentioned the hope and anticipation they now have for their futures. Wenda's Place workshops like weekly yoga classes, mindfulness resources, and counselling opportunities were all named as significant factors in women being able to regain their mental health. In being in an environment that fosters goal setting, women no longer dread and feel anxious about what comes next but feel empowered to be active agents in their own lives and in the lives of their children.

Significance of finding:

It's no surprise that women describe their mental state before moving to Wenda's Place as poor but share of an improvement over the course of their stay. What was surprising was hearing just how *many* women talked about this progress and how significant it was to so many other areas of their lives such as their ability to set and achieve goals, to care for their children, and to recognize their own worth. We know that a mentally healthy person is often more confident, more caring and compassionate toward others, more sociable, and overall happier. In the spirit of offering a holistic continuum of services in our programs, this finding also points to the fact that women receive more than just a safe bed when they come to Dixon, but their whole selves are cared for.

Steps forward:

Space is a constant need at Dixon. While we love the whimsy and community that comes from shared spaces full of diverse people, it would be a gift to be able to offer both the women that we serve and staff quiet, uninterrupted space where they could meditate, pray, reflect, or ground themselves however they feel necessary. One step we have taken to try to provide this is our offering of a new mindfulness group that meets once a month. During the group, women can escape whatever has caused them stress or anxiety that day or week and find space to focus and breathe deeply. Having a space to host such exercises more often would be an undeniable asset to our programming and to the healing of the women we serve.

Finding 4: *You too? I thought I was the only one...*

Key insight:

When women come to Dixon, they are welcomed by a community. While they may have once felt alone and isolated, they now are surrounded by women with shared experiences and find themselves ready, even excited, to tell their stories.

Description of the finding:

"I know I am not alone or the only one to go through this," one client powerfully stated. The nature of Wenda's Place is all nine units in the building exist to provide a safe, stable home for women who have escaped violence and abuse.

Additionally, staff members at Wenda's have the shared mission of supporting women, helping them feel comfortable, connecting them with resources, and listening to them. Because of this, women feel positively overwhelmed by the community they experience while at Wenda's. "I never feel alone here,"

one woman said. "I kept my door open all the time," said another. "We were like a big family here." There is power in shared human experience. Women recognize that their story is not an isolated incident nor was the violence they endured their fault. So many current and former Wenda's Place residents feel a gratitude to the staff and program that they even hope to return as staff someday.

Another client mentioned how her young son wants to be able to earn enough money to be able to support Dixon financially. The space they have at Wenda's is not just a functional living environment, it is a home, where they share meals and family and tears and laughter together. "I used to pray not to bump into my father out of fear," one client explained. "Now I pray for other women in the

**"Now I pray for other women in the same situation to find safety and comfort like I found at Wenda's Place."
- Wenda's Place Resident**

same situation to find safety and comfort like I found at Wenda's Place." This kind of empathy permeates the culture at Wenda's Place deeply. So many women share a desperate longing to tell their stories to women who might be fearful or wary of leaving their abuser, as if wanting to reach out a hand and say, "it's going to be okay. I've done it. We all have."

Significance of the finding:

Perhaps there isn't a better measuring stick for the efficacy of a program than the participants desire to stay connected to it, support it, and recommend it to others who need it. It is so important for us as staff to remember that we are not just running a program or creating a safe space, but we are welcoming women and children into a family. They feel connected to each other and invested in stories like theirs in way that only someone who has had the same experience can. We heard accounts of women staying connected to each other years after their time at Wenda's Place, because of the invaluable community that was built during that time. They get to know each other's children and families; they watch each other work hard to reach goals. This encourages our program staff to continue to facilitate connection between women and children, now knowing the special influence that holds.

Moreover, it continues to reiterate this theme that the impact of Dixon and its programs live far outside of the grounds of our housing facilities. There is something profoundly beautiful and powerful about women arriving with the common story of broken family and home experiences and leaving with a desire to be family to one another and open their homes to those who seek safety like they once did.

Steps Forward:

In preparing to facilitate the quantitative questionnaire portion of our research for this project, we knew it would be in our best interest to get as many program participants in the same room at once to do the survey all together. The best way to do this is of course, through food, so we promised a meal and social time would be shared. Just a couple of short weeks after calling women to invite them, the common space and dining area in Wenda's Place was erupting with laughter, hugs, and reunions of women who had seen or were seeing each other through some of the most challenging and transformative years of their lives. Moms embraced their friends' children like aunties and as staff, our hearts burst



15 out of 19 participants showed up
for a meal and reunion when invited
back to Wenda's Place.

when we saw before us, the best of the community that Wenda's Place had facilitated. In short, being able to offer regular parties and gatherings like the one in April 2018 is now at the top of our list of program priorities.

Additionally, we have brainstormed being able to pair incoming program participants with outgoing ones in something of a "mentor/sister" system. The requirement of this program would be to train women in leadership, mentorship, and setting boundaries, which could, long term, result in them being able to say they received education and participated in a leadership program at Dixon.

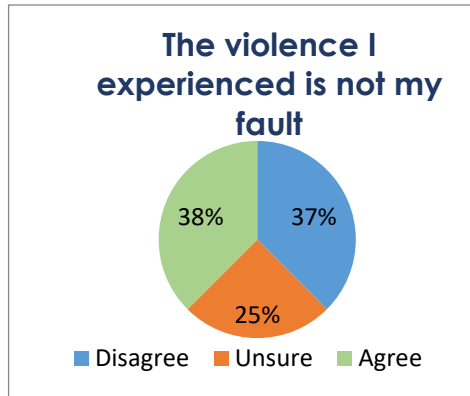
Lastly, we acknowledge the power of fun, especially in a setting with so many children. Being able to offer family play therapy, art therapy, and similar resources would allow the families in our program to come together in a light-hearted, but still healing environment.

Finding 5: Breaking the Cycle

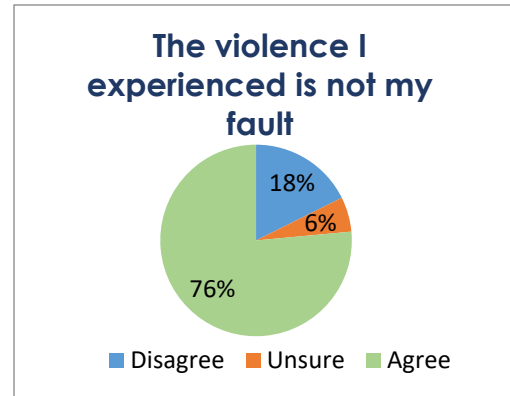
Key Insight:

Women gain knowledge of the cycle of abuse and come to value healthy relationships and healthy boundaries.

Description of the finding:



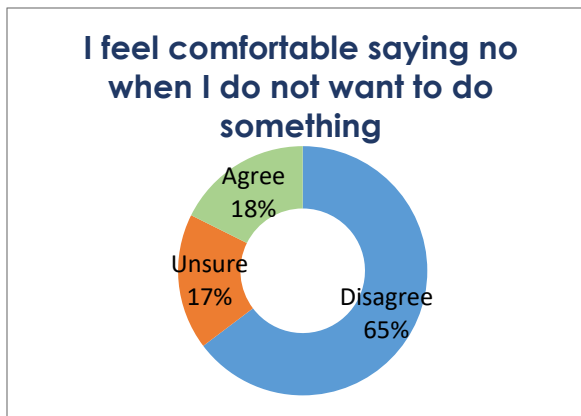
Before coming to Wenda's Place



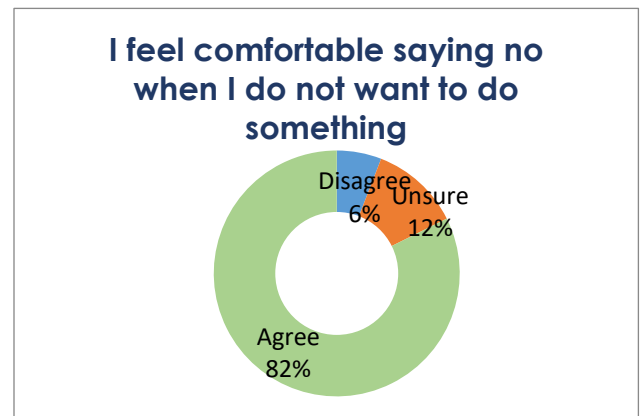
After Coming to Wenda's Place

The violence that the women who access our services have endured is never their fault. We name that first and foremost. To hear them echo that though, is powerful. They arrive at a place where they can recognize the power and the will that lies within them breaking free from the cycle of abuse, they told us that they no longer feel like they owe anyone anything. "I have learned that I have the right to want or not want something," one client said.

A different client shared that when she sets boundaries, others are less likely to hurt her—it is a display of her strength in a sense. Boundaries free women to be themselves, to own their time and their bodies, and to be connected to people who esteem them rather than create fear in them.



Before coming to Wenda's Place



After Coming to Wenda's Place

A client shared a story of how, in learning her own boundaries, she has tried to teach her young daughter similarly. Now when she says something to her daughter in a demanding or angry tone, as any parent will from time to time, the young girl will look at her and say, "no, mom. I don't like it when you talk to me like that." That passing on of lessons and wisdom shows a desire in this mom—and many others—to see her daughter grow up with a different narrative, one that values a woman's power, voice, and will.

Since many of the women that we serve are parents, they mention over and over their desire for their children to choose healthy relationships and how they want to teach them that now. Some women even express a desire to be in a romantic partnership again. In all of this, there is an understanding that though the previously experienced abuse was not their fault, they can recognize behaviours and attitudes that may lead to a power imbalance in a relationship.

Significance of the finding:

Put bluntly, our programs are not effective if the women remain in the cycle of abuse. Though the onus is not on the women to fix this massive societal problem, there are steps that can be taken to break the cycle of abuse for themselves and for their future generations. We heard time and again from women who want to see this cycle shattered and their family freed from it. And while that desire may or may not be new, listening to account after account of women who feel like they have the tools and strength to do it now is significant.

Ultimately, we acknowledge our limitations as program facilitators and support staff; part of our feminist framework as an organization is to let each woman make her own choices and live her own life. Similarly, we cannot control what a woman chooses when she leaves our program. As staff though, we try to model what it looks like to be a healthy, independent, strong-willed woman to our clients and what we hear from them now is that has taken root. Especially when we hear from women who have not lived at Wenda's Place in a year or two, and see them thriving, continuing to repeat these mantras, we have hope that their right to a safe and free life has finally been realized.

Steps Forward:

A young university student named Gordan has quickly become one of Dixon's most-beloved heroes. Gordan came to us as a summer co-op student, and even after three months of working with our children day-in-and-day-out, he was still sad to go. Gordan comes back as a volunteer to childmind from time to time and is affectionately known as a human jungle gym.

We mention Gordan for two reasons:

1. He exhibits beautifully the power of having a healthy male role model on site for not only young boys, but also young girls.
2. And he's a volunteer, which means we are not short on resources when we invite him over and yet he lifts the burden on staff immensely by being able to provide fresh energy and care.

Both areas are venues in which we would like to see our programs grow, to break the cycle of abuse long-term. Parenting after separation, especially when it involves violence, is no enviable task and we would additionally like to be able to support mothers as they navigate these new and often scary waters. Though parenting after separation classes are offered by other service providers, they are not currently offered on site at Wenda's Place.

Legal advocacy is another consistent need. The complexity of domestic violence cases, partnered with the limited resources of many of the women we serve, can make the legal system a long, dark, and stressful tunnel for women. Having legal support ideally, regularly volunteering their counsel, would hopefully give women the resources and connections they need to help such a painful process become a bit more bearable.

Appendix A

Program Indicators

Impact 1: Women plan for and set goals for their future.

What we mean: Women utilize the opportunity to set goals, learn organizational management as it relates to their day to day lives, their children's lives, their school or work, acquire the skills and tools needed to plan to achieve their goals for their future. Women feel hopeful and positive about their future. Feeling reassured and taking control of their lives.

Quantitative Indicators:

- Women understand organizational management
- Women set goals
- Women acquire the skills and tools needed to achieve their goals for their future
- Women feel hopeful and positive about their future
- Women are feeling reassured and taking control of their lives

Qualitative Indicators:

- Women believe in their own capacity to manage their lives.
- Women become agents of their own future.
- Women love their lives again

Impact 2: Women grow in self-confidence

What we mean: Women make decisions for themselves, develop their own voice, and identify their own resiliency. Women identify growth in autonomy.

Quantitative Indicators:

- Women make decisions for themselves
- Women develop their own voice
- Women identify their own resiliency
- Women identify growth in autonomy
- Women feel more confident
- Women feel their voice matters

Qualitative Indicators:

- Women become self-advocates.
- Women believe in themselves
- Women love themselves

Impact 3: Women practice financial literacy

What we mean: Women budget, open their own bank accounts, manage their own finances. Women acquire financial knowledge. Women feel empowered to

make financial decisions on their own. Women are less stressed about their finances.

Quantitative Indicators:

- Women budget
- Women open their own bank accounts
- Women manage their own finances
- Women understand their finances
- Women feel empowered to make financial decisions on their own
- Women are less stressed about their finances

Qualitative Indicators:

- Women believe in their ability to learn new skills
- Women are committed to financial responsibility
- Women love the freedom found in financial literacy

Impact 4: Women recognize and respond with resiliency to the impacts of violence on their lives.

What we mean: Women learn about the cycle of abuse and the effects of violence on their relationships, health and emotions. Women identify their responses and resistance to the violence and trauma they experienced and identify the effects of violence and trauma on their children. Women stop blaming themselves for the violence they experienced and start practicing self-care. Women model healthy relationships with their children and set healthy boundaries for themselves.

Quantitative Indicators:

- Women understand the cycle of abuse
- Women realize the effects of violence and trauma on their children, relationships, health and emotions
- Women identify their responses and resistance to the violence and trauma they experienced
- Women model healthy relationships with their children
- Women set healthy boundaries for themselves
- Women practice self-care
- Women care about themselves
- Women do not feel blame for the violence they experienced

Qualitative Indicators:

- Women believe in their resiliency
- Women flourish beyond their experience of violence
- Women cherish themselves and their relationships

APPENDIX B

Qualitative Interview Protocol

Know - > Believe Questions

Impact 1: Women plan for and set goals for their future

1. What knowledge or skill have you gained from your time at Wenda's place?
2. How has this learning translated to your everyday life?
3. What do you still struggle with?

Impact 2: Women grow in self confidence

4. Since coming to Wenda's Place, looking back at your life (past challenges) what do you know now that you did not know before?
5. How has participating in Wenda's Place program changed the way you think about challenges in your life?
6. In what areas do you still want to grow?

Impact 4: Women recognize and respond with resiliency to the impacts of violence on their lives

7. Knowing what you now know about the impact of violence, what have you learned about yourself now that you did not know before?
8. What have you discovered about your own resiliency through your participation at Wenda's Place?

Do -> Become Questions

Impact 1: Women plan for and set goals for their future

9. How do you approach planning to achieve goals differently since your stay at Wenda's Place?
10. How have these skills helped you to grow as an individual?

Impact 3: Women practice financial literacy

11. What do you do differently when it comes to budgeting since participating in our program?
12. How has learning to manage your own finances given you freedom?

Impact 4: Women recognize and respond with resiliency to the impacts of violence on their lives

13. What have you done differently since participating in the program to set healthy boundaries for yourself and your children?
14. What do you do differently since participating in the program to practice self-care?
15. How does your self-care affect other areas of your life?

Feel -> Love Questions

Impact 1: Women plan for and set goals for their future

16. What makes you feel hopeful about your future since participating at Wenda's place?
17. What do you fear about your future?
18. How has your participation at Wenda's Place shaped your commitment to exercising agency in your life?
19. How has your stay at Wenda's Place inspired you to develop your own voice?

Impact 4: Women recognize and respond with resiliency to the impacts of violence on their lives

20. What is still hard about the impact of violence in your life?
21. What inspires you to move forward?

Last question

22. Looking ahead a few years, if everything happens the way you planned, how do you picture/see your life?

APPENDIX C

Project Impact Survey

Age: _____

Length of Stay at Wendas Place: _____

Were you at Dixon House before coming to WP? Yes or No

Have you completed any post-secondary (College, University, Diploma) education? Yes or No

Please circle your level of agreement with the following statements. Please circle one for before coming to Wenda's and one for Now.

	Before coming to Wenda's Place			Now		
1. I set goals for my future	Disagree	Unsure	Agree	Disagree	Unsure	Agree
2. I feel in control of my life	Disagree	Unsure	Agree	Disagree	Unsure	Agree
3. I feel hopeful about my future	Disagree	Unsure	Agree	Disagree	Unsure	Agree
4. I feel comfortable saying no when I do not want to do something	Disagree	Unsure	Agree	Disagree	Unsure	Agree
5. The violence I experienced is not my fault	Disagree	Unsure	Agree	Disagree	Unsure	Agree
6. I know I can make financial decisions on my own	Disagree	Unsure	Agree	Disagree	Unsure	Agree

Please circle your level of agreement with the following statements since coming to Wenda's Place.

7. I speak up for myself more	Disagree	Unsure	Agree
8. I feel more like my opinions matter	Disagree	Unsure	Agree
9. I feel more confident in myself	Disagree	Unsure	Agree
10. I can handle the difficulties in my life better	Disagree	Unsure	Agree

11. **Please put 1, 2 or 3 that best explains your comfort level with following tasks, next to each statement.**

1 = feels uncomfortable; 2 = sometimes uncomfortable, sometimes comfortable; 3 = feels comfortable

	Before WP	Now
Managing my own	_____	_____

schedule

Booking and keeping my appointments _____

Setting goals for my future _____

12. **Please state your level of agreement with the following.**

- | | | | | |
|----|--|-------|----------|-----------------------------------|
| a. | Since coming to Wenda's Place, I learned how to open my own bank account | Agree | Disagree | This is not a new learning for me |
| b. | Since coming to Wenda's Place, I learned how to pay bills on time | Agree | Disagree | This is not a new learning for me |
| c. | Since coming to Wenda's Place, I learned how to budget my money | Agree | Disagree | This is not a new learning for me |
| d. | Since coming to Wenda's Place, I file my own income taxes | Agree | Disagree | This is not a new learning for me |

13. **Since coming to Wenda's Place, I am inspired to (want to)**

14. **I know what the cycle of abuse is** Agree Disagree

15. **Please list up to three main areas of your life that have been impacted by violence.**

- a. _____
- b. _____
- c. _____

16. **Please list up to three examples of how you show your strength when you experience any abuse.**

- a. _____
- b. _____
- c. _____

17. **Please list up to three examples of how you show healthy relationships to your children.**

- a. _____

- b. _____
- c. _____

18. **Identify which of these you use to practice self-care (doing something just for yourself).**

Please check each one you do and you can also add your own.

- ___ Do yoga
- ___ Listen to music
- ___ Go for a walk or a run
- ___ Take a bath
- ___ Paint my nails, do my hair or makeup
- ___ Read a book
- ___ Watch TV or a movie
- ___ Attend counselling because I want to
- ___ Visit friends
- ___ Make dinner for myself
- ___ Others, please explain: _____
- _____
- _____
- _____
- _____