

P.E.A.C.E. PROJECT

PEER EDUCATION AND CONNECTION THROUGH EMPOWERMENT

WHAT IS IT?

A project where we are looking to **improve resiliency and promote healthy outcomes** for girls and women who have experienced some form of gender based violence (GBV). We will be using a participatory action research (PAR) framework where **participants** are not subjects, but rather, **active contributors** to research. The aim of PAR is to **EMPOWER** oppressed/marginalized individuals to **partner in social change**.

HOW DOES IT WORK?

Weekly groups will be **facilitated by peer mentors** (with support from the health promotion coordinator and volunteers) that **focus** on **primary health promotion**: *physical activity, nutrition, healthy relationships, self-esteem and mental wellness*. All activities/workshops will be delivered using a **trauma informed perspective**.

ACTIVITIES MAY INCLUDE:

Yoga | Cooking | Music | Creative Writing | Spoken Word | Poetry | Arts and Crafts | Outings

*groups will run once a week, 2 hour sessions

SPREAD THE WORD!!!

HOW CAN YOU HELP?

We need your help to connect participants to this project. Please keep an eye out for potential participants. Please **PROMOTE** this project and **ENCOURAGE** youth to participate in it.

WHO ARE WE LOOKING FOR?

Female identified youth between the ages of **16-24** who have **experienced** some form of **GBV**.

SUITABLE PARTICIPANTS:

Stable, creative, ability to work in a group, good communicators, action-oriented, want to make a change, likely to commit to attending weekly

INCENTIVES FOR PARTICIPANTS: **GREAT, I MAY HAVE SOMEONE IN MIND,**
Token reimbursement, FOOD, **VOICE** of CHANGE **↓ NOW WHAT? ↓**

Please connect potential participants to Rizani (Health Promotion Coordinator, P.E.A.C.E. Project) at **416-908-5490 (Call/text)** or email **razeed@covenanthouse.ca** to sign up and/or for more information.

Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

