

## Personal Empowerment Program (PEP)

**CLASS SCHEDULE** updated 5/4/11

The Personal Empowerment Program is a 10-week educational program designed for victims of domestic violence, in an effort to provide support and education for ending the cycle of abuse. Each group meets once a week for 2 hours in length. The average fee per session is \$10.

Only the following programs are approved to provide the Personal Empowerment Program classes:

<b>HUMAN OPTIONS</b> 1920 E. Warner Ave, Suite A Santa Ana, CA 92705 (949) 757-3635	ENGLISH ENGLISH-MEN'S ENGLISH ENGLISH ENGLISH	MONDAY MONDAY TUESDAY TUESDAY THURSDAY	5:30-7:30pm 6:00-8:00 10:00-12:00pm 6:00-8:00pm 5:30-7:30pm	SANTA ANA IRVINE LAKE FOREST SANTA ANA IRVINE
	SPANISH SPANISH SPANISH SPANISH	MONDAY MONDAY TUESDAY WEDNESDAY	10:00-12:00pm 4:30-6:30pm 6:00-8:00pm 10:00-12:00pm	LAKE FOREST TUSTIN SANTA ANA SANTA ANA
<b>INTERVAL HOUSE</b> P.O. Box 3356 Seal Beach, CA 90740 (714) 891-8121 or (562) 594-4555  Groups are available in many other languages as needed.	ENGLISH ENGLISH ENGLISH- MEN'S ENGLISH	WEDNESDAY WEDNESDAY THURSDAY FRIDAY	9:00-11:00am 3:00-5:00pm 4:00-6:00pm 11:00-1:00pm	WESTMINSTER SANTA ANA SEAL BEACH SEAL BEACH
	SPANISH SPANISH- MEN'S SPANISH SPANISH SPANISH SPANISH SPANISH SPANISH	MONDAY MONDAY MONDAY TUESDAY WEDNESDAY WEDNESDAY THURSDAY SATURDAY	12:00-2:00pm 4:00-6:00pm 6:00-8:00pm 11:30-1:30pm 9:00-11:00am 3:00-5:00pm 12:00-2:00pm 10:00-12:00pm	SANTA ANA HUNTINGTON BEACH GARDEN GROVE ANAHEIM WESTMINSTER STANTON LA HABRA ORANGE
	VIETNAMESE VIETNAMESE	WEDNESDAY TUESDAY	9:00-11:00am 12:00-2:00pm	WESTMINSTER HUNTINGTON BEACH
	KOREAN	THURSDAY	6:00-8:00pm	GARDEN GROVE
<b>LAURA'S HOUSE</b> 999 Corporate Drive, Suite 225 Ladera Ranch, CA 92694 (949) 240-0363	ENGLISH ENGLISH ENGLISH ENGLISH- MEN'S ENGLISH SPANISH	MONDAY WEDNESDAY WEDNESDAY WEDNESDAY FRIDAY THURSDAY	5:45-7:45pm 10:00am-12:00pm 5:00-7:00pm 6:00-8:00pm 10:00-12:00pm 5:00-7:00pm	LADERA RANCH LADERA RANCH LADERA RANCH LADERA RANCH LADERA RANCH LADERA RANCH
<b>W.T.L.C.</b> P.O. Box 6103 Orange, CA 92863 (714) 992-1939 x111	ENGLISH ENGLISH ENGLISH ENGLISH ENGLISH SPANISH SPANISH SPANISH SPANISH SPANISH SPANISH	MONDAY TUESDAY THURSDAY FRIDAY SATURDAY MONDAY MONDAY TUESDAY THURSDAY SATURDAY	2:00-4:00pm 7:00-9:00pm 10:00-12:00pm 10:00-12:00pm 10:00-12:00pm 11:00-1:00pm 10:00-12:00pm 11:00-1:00pm 10:00-12:00pm 10:00-12:00pm	ORANGE FULLERTON ANAHEIM FULLERTON FULLERTON ORANGE AHAHEIM GARDEN GROVE FULLERTON FULLERTON

- Week 1: What Is Domestic Violence?
- Week 2: Effects of Domestic Violence on Participants
- Week 3: Boundaries and Anger Management
- Week 4: Effects of Violence on Children
- Week 5: Legal Aspects of Domestic Violence
- Week 6: Working Through Denial: Facing the Danger
- Week 7: Red Flags and Lethality
- Week 8: The Healthy Relationship
- Week 9: The Role of Alcohol, Drugs, and Codependence in Domestic Violence
- Week 10: Where Do I Go from Here?