



Personal Empowerment Program (PEP)

CLASS SCHEDULE updated 06/06/17

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 groups meets once a week for 2 hours in length.

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

<p>HUMAN OPTIONS 1901 Newport Blvd. Suite 240 Costa Mesa, CA 92627 (949) 757-3635 <i>*Classes will be either in Spanish or English depending on cycles.</i></p>	<p>ENGLISH SPANISH ENGLISH ENGLISH ENGLISH SPANISH</p>	<p>MONDAY WEDNESDAY THURSDAY THURSDAY FRIDAY FRIDAY</p>	<p>5:30-7:30pm 5:30-7:30pm 9:00-11:00am 3:00-5:00pm 10:00-12pm 9:30-11:30pm</p>	<p>SANTA ANA SAN JUAN CAPISTRANO COSTA MESA NEWPORT BEACH LAKE FOREST SANTA ANA</p>
<p>INTERVAL HOUSE P.O. Box 3356 Seal Beach, CA 90740 (714) 891-8121 or (562) 594-4555</p> <p>Groups are available in many other languages, as needed.</p>	<p>ENGLISH ENGLISH ENGLISH ENGLISH- MEN'S</p> <p>SPANISH SPANISH SPANISH- MEN'S SPANISH SPANISH SPANISH SPANISH</p> <p>VIETNAMESE KOREAN</p>	<p>WEDNESDAY WEDNESDAY WEDNESDAY TUESDAY</p> <p>MONDAY MONDAY MONDAY TUESDAY WEDNESDAY WEDNESDAY THURSDAY SATURDAY</p> <p>WEDNESDAY WEDNESDAY</p>	<p>10:30-12:30pm 3:00-5:00pm 3:00-5:00pm 2:00-4:00pm</p> <p>12:00-2:00pm 5:00-7:00pm 3:00-5:00pm 11:00am-1:00pm 10:30am-12:30pm 11:00am-1:00pm 12:00pm-2:00pm 10:00-12:00pm</p> <p>10:30-12:30pm 3:00-5:00pm</p>	<p>WESTMINSTER SANTA ANA SEAL BEACH SEAL BEACH</p> <p>SANTA ANA GARDEN GROVE GARDEN GROVE HUNTINGTON BEACH WESTMINSTER STANTON ANAHEIM ORANGE</p> <p>WESTMINSTER GARDEN GROVE</p>
<p>LAURA'S HOUSE 999 Corporate Drive, Suite 225 Ladera Ranch, CA 92694 (714) 450-6131 - Garden Grove (949) 240-0363 – Ladera Ranch</p>	<p>ENGLISH ENGLISH ENGLISH ENGLISH- MEN'S ENGLISH SPANISH ENGLISH SPANISH SPANISH ENGLISH ENGLISH-MEN'S</p>	<p>MONDAY MONDAY TUESDAY TUESDAY TUESDAY TUESDAY WEDNESDAY WEDNESDAY THURSDAY FRIDAY FRIDAY</p>	<p>5:45-7:45pm 5:45-7:45PM 10:30-12:30pm 4:00-5:00pm 5:45-7:45pm 5:45-7:45pm 10:00-12:00pm 4:00pm-6:00pm 4:00-6:00pm 10:00-12:00pm 1:00-2:00pm</p>	<p>GARDEN GROVE LADERA RANCH GARDEN GROVE GARDEN GROVE LADERA RANCH GARDEN GROVE LADERA RANCH LADERA RANCH GARDEN GROVE LADERA RANCH LADERA RANCH</p>
<p>W.T.L.C. P.O. Box 916 Fullerton, CA 92832 (714) 992-1939 x114</p>	<p>ENGLISH ENGLISH ENGLISH ENGLISH- MEN'S ENGLISH</p> <p>SPANISH SPANISH SPANISH SPANISH</p>	<p>TUESDAY WEDNESDAY THURSDAY THURSDAY THURSDAY</p> <p>MONDAY TUESDAY WEDNESDAY THURSDAY</p>	<p>1:00-3:00pm 5:30-7:30pm 10:00-12:00pm 1:00-3:00pm 5:30-7:30pm</p> <p>3:00-5:00pm 3:00-5:00pm 3:00-5:00pm 12:30-2:30pm</p>	<p>ORANGE PLACENTIA ANAHEIM ANAHEIM LA HABRA</p> <p>ANAHEIM ORANGE SANTA ANA LA HABRA</p>

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10- WEEK COURSE

DESCRIPTION

- 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?