

## You are not alone

When the one you love abuses you, a part of you is lost. Dealing with the fear, confusion, embarrassment and anger can lead women into isolation and hopelessness. Through our women's support groups, our *When Love Hurts* program brings women experiencing abuse out of isolation, letting them experience healing and regain hope.

We also work to restore relationships through our *Home Improvement* program; helping men who have abused their partners see that change is possible. Through support and accountability groups, we help participants learn healthier ways of being in relationship.

Ultimately, MCC's End Abuse Program aims to reduce cases of abuse in our communities. In addition to our support groups, we are also working with our partners to help raise awareness and educate the public about abuse, how to recognize it, and the best ways to respond.

*"In this group, you realize that you are not alone. A warm and safe environment helps you open up and share the journey of your hurts."*

**- When Love Hurts program participant**

*"A new way of thinking is more normal for me now... It was life changing for me."*

**- Home Improvement program participant**

## About MCC

Mennonite Central Committee (MCC), a worldwide ministry of Anabaptist churches, shares God's love and compassion for all in the name of Christ by responding to basic human needs and working for peace and justice. MCC envisions communities worldwide in right relationship with God, one another and creation.

To find out more, visit [mccbc.ca](http://mccbc.ca)

## Contact

To find out more about MCC's End Abuse programs, including *When Love Hurts* and *Home Improvement*, please contact Elsie Goerzen, End Abuse Program Coordinator for MCC British Columbia.



**Elsie Goerzen**

MCC British Columbia

☎ 604-845-0841

✉ [elsiegoerzen@mccbc.ca](mailto:elsiegoerzen@mccbc.ca)

[abuseresponseandprevention.ca](http://abuseresponseandprevention.ca)



**MCC British Columbia**  
201 - 33933 Gladys Avenue  
Abbotsford, BC V2S 2E8



## End Abuse Program



## How do you know if it's abuse?

Below is a list of some traits that help identify relationship patterns that are abusive, harassing or bullying.

### Abusive Actions and Attitudes:

- Put-downs, name-calling
- Threatening gestures
- Driving dangerously
- Throwing things
- Yelling, screaming, swearing
- Verbal threats
- Damaging property or pets
- "Silent treatment"
- Jealousy, preventing friendships
- Controlling activities and money
- Unwanted physical or sexual contact
- Pushing, spitting, grabbing, choking
- Public or private humiliation

*"This group helped me to understand that I wasn't crazy, just abused."*

**- When Love Hurts program participant**

*"The group helps us to understand abuse, pampers us, and gives us confidence to be the women we're meant to be."*

**- When Love Hurts program participant**

## When Love Hurts

### *When Love Hurts*

is a support group for **women** who have experienced abuse in intimate relationships.

Love is meant to be supportive.

But what happens when you are hurt by the one you love?

This support group will help you understand your relationship in valuable new ways.

Drawing on your own wisdom and the wisdom of many women who share your experience,

### *When Love Hurts*

will help you find the answers you've been looking for in a safe, confidential environment.

### *When Love Hurts*

explores many difficult questions such as:

What's wrong with my relationship?

Why does my partner hurt me?

Is there something wrong with me?

Why do I stay in the relationship?

What about my children?

### *When Love Hurts*

will help you discover courage and wisdom within yourself and give you hope for a brighter future.

## Home Improvement

MCC BC is pleased to offer a program of support for **men** who wish to learn healthier ways of being in relationship. Funding is provided by the BC Provincial Office of Domestic Violence.

### Core Beliefs and Values:

- Safety for women, men and children
- Compassion and respect for all
- Equality of value, deservedness, capacity and worth
- Relationship-centred group
- Belief that change is possible

## Come. Listen. Learn.

*"The group sharing was very powerful."*

**- Home Improvement program participant**

*"I am way more aware."*

**- Home Improvement program participant**

### Support and Accountability:

The Home Improvement group meets 2.5 hours weekly for 15-20 weeks.

### Eligibility:

Men who want healthy relationships, take responsibility for their behaviour, desire to change, are willing to work toward change, and who believe that change is possible.