

Meeting Women Where They Are At: Community Making a Difference



Looking After Each Other
A Dignity Promotion Project

This mini-documentary provides an example of how the philosophy of a program and the provision of culturally appropriate services can nurture women as they walk on their journey of self-discovery, healing and belonging. The most important thing we can do is develop relationships through understanding, respect and appreciating each woman's unique story. Did the words of these women inspire you to think more deeply about the issues that matter?

"I'm a strong person"

- Why does she feel the need to say this?
- Have you ever felt the need to say this sentence aloud? Why or why not?

"There is no judgment here"

- Think of a time you felt judged; how did you feel?
- What judgements do you hold?
- Is there judgement in your workplace or program?
- What would 'no judgement' look like?
- What can you do to change your program to make it more non-judgmental?

"It brings out my voice"

- What gave her that feeling?
- Why do women feel like they do not have a voice to begin with?
- What do you offer that provides that same kind of feeling to your participants?

Starting the Conversation around Addictions

- What does addiction mean to you?
- What are your experiences with addiction?
- How do you cope with stressful events?
- Where do addictions begin?
- How does addiction impact women?
- How could you walk with women on their journey towards healing and self-discovery?