

## Support group helps women "in crisis"

By DIANNE CORNISH

A support group formed to help women who have been or are currently in abusive relationships helps women take comfort in "knowing that they're not alone."

"It's amazing to see the change that occurs when women come out to group discussions," Valeria Pakkala, a member of Networking Group for Abused Women said. "I know one woman who came right out of an abusive situation and the changes that occurred in her confidence and self-esteem were just tremendous."

The Georgetown-based nonprofit group was formed earlier this year and is open to women who have been, or continue to be, in abusive environments. Participants in the bi-monthly meetings are encouraged to talk freely with others in similiar situa-

"It's not just for women who are physically abused, but also for the emotionally - abused or those who were sexually abused during their childhood," Pakkala explained.

The group normally attracts about half a dozen women. Women "in crisis," those still in abusive home environments, are invited to speak first. A leader facilitates the discussion and "makes sure everyone stays on topic," Pakkala said. Otherwise, the meetings are "comfortably unstructured."

The anonymity of group members is protected. They can speak to the group using only their first name or they can use a fictitious

Pakkala said that many abused women who have received professional counselling are referred to support groups. However, they often come up against long waiting lists and are directed to stay in the group for a specified amount of time. The local organization welcomes women to attend group discussions whenever they can and for as long as they

"It's an excellent forum for speaking," Pakkala said, adding that enquiries about the group can be made by phoning the Distress Centre at 877-1211.

In the fall, some of the meetings will become more structured, with guest speakers and films added to the evening program.

"We want the group to educate

participants, as well as support referring them to others who can them," Pakkala said. "Eventually, assist them, such as lawyers or we want to help the women by professional counsellors.'

Halton Hills This Week and A.J. Johnson and Associates announced this week that they will co-sponsor a Red Cross Blood Donor Clinic."We believe that as a new company in Halton Hills we should sponsor worthy causes," Ken Bellamy, publisher of This Week, said. "We are pleased that we can help the Red Cross in Halton Hills perform its valuable work."The clinic will be held sometime in August, local Red Cross officials said. From left are: Bellamy; Erica Thompson and Flo Street, chairmen of the blood donor committee, Georgetown and District Red Cross Branch; and Finn Poulstrup, manager of A.J. Johnson & Associates Ltd. Realtor.

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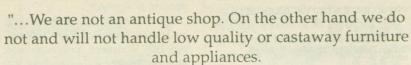
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