

Facilitator's Guide Leading Activities in the (To Walk Away) and Rebuild Series

This facilitation guide goes along with the 7 activities in the (To Walk Away) and Rebuild series. Through these activities, immigrant women explore the impacts of separation and divorce in Quebec and learn about the resources available to them.

Who is this guide for?

Community organizations and their support workers.

What is this guide for?

- To help you prepare to lead a workshop
- To help you differentiate between the different workshop materials
- To help you understand your role and limits as a workshop facilitator

The 7 workshops are:

- **Flexible:** They can be given separately or be combined.
- **Interactive:** They encourage participation.
- **Accessible:** They are geared toward women whose first language is not English or French.
- **Complementary:** They can be combined with other psychosocial support workshops and activities.

Each workshop:

- Takes about **45 minutes**
- Focuses on a **specific theme**
- Follows a **consistent format:**
 1. Looking at an image
 2. Discussing a scenario
 3. Explaining legal information
 4. Presenting available resources
 5. Revisiting the scenario
 6. Q&A period

The 7 Activities

My Relationship



> Rights and obligations in a relationship

My Children



> Parental authority, child custody, and child support

My Housing



> Staying or leaving the home

My Belongings



> Property division

My Money



> Child support, spousal support and welfare

My Immigration Status



> The impact of separation on one's immigration status

I'm Considering Separation



> The steps to follow when separating or divorcing

Preparing to Lead a Workshop

1. Read this Facilitator's Guide and watch the related videos.
2. Decide which workshop(s) you would like to lead.
3. Download the PowerPoint presentations for these workshops.
4. Read the Notes section at the bottom of each slide and review the Legal Info Sheet.
5. Customize the workshop for your organization and add local services and resources.
6. Organize the logistics (invitations, venue, projector, interpreters, etc.).
7. Lead the workshop!

Tools and Resources

These tools are all available at: legallifeskills.ca

Videos

The short videos cover:

- Using the tools
- Sharing clear legal information with immigrant women
- Preparing to lead a workshop

PowerPoint presentations

You can download the PowerPoint presentation for each workshop. You can also customize each presentation to meet the specific needs of the immigrant women your organization supports.

Slide notes

The presentations contain slide notes with useful information like:

- the estimated duration for each section
- instructions for the workshop facilitator
- the legal information to share
- optional additional information
- legal references

Legal Info Sheet

You can print and refer to this document for more legal information on each of the themes covered in the workshops.



The Workshop Facilitator's Role

Planning makes perfect!

- Each organization has its own way of inviting women to attend activities. For example, you can reach out to the women directly or put up the promotional poster on a bulletin board or online.
- Snacks and beverages help create a welcoming atmosphere and keep participants engaged.
- If needed, hire an interpreter based on the languages spoken by the participants.
- Many women have young children. Providing childcare can encourage attendance and help the women stay focused.
- Set up the room and equipment in advance. This allows you to picture how the workshop will flow and makes the space feel more comfortable and welcoming when the participants arrive.

Bringing the workshop to life

- You can combine these workshops with a variety of other psychosocial support activities.
- Consider leading the workshop with a colleague—two heads are better than one!
- A short icebreaker can help energize the group and set a friendly tone.
- Each workshop can be given independently, but making connections to previous workshops and discussions can reinforce learning and spark curiosity.

Responding with care

- Take the time to address sensitive situations that may arise during the workshop.
- Trust your expertise—pause when needed, provide nuance, and be attentive to participants' reactions and sensitivities.
- Every experience is valid. Recognize the value of what participants share and use it to connect back to the topics addressed in the workshop.

Honouring diverse perspectives

- Separation, divorce and domestic violence can be sensitive topics. The participants have different experiences, and may be at different stages of their journey when it comes to separation or divorce. Be mindful of this when setting the tone for the workshop.
- The participants have different personal and cultural perspectives on marriage, relationships, separation, and family ties. All of this shapes how each woman understands and interprets her rights and responsibilities. It is important to acknowledge this diversity and avoid imposing a single viewpoint. Respect each woman's identity and encourage her active engagement in discussions.



