

Women in2 Healing and the Participatory Research Process

Participatory Research is an alternative method from the traditional academic research. Our focus is on the diversity of researchers, topics and approaches which allows for the discovery of knowledge that is relevant and important to a community. Everyone is able to contribute to their own well being. We believe that all voices should be heard and taken into account when addressing issues that are important to them.

To find out how to get involved please contact us by one of the means below:

Women into Healing
Email: womenin2healing@gmail.com
Tel: 604-875-3658
1-877-84WOMAN (96626)
<http://www.womenin2healing.org>
<http://womenin2healing.blogspot.com>



THE EMPOWERMENT
OF WOMEN
INSIDE AND OUTSIDE
OF PRISON IN
THEIR EMOTIONAL,
MENTAL,
PHYSICAL, AND SPIRI-
TUAL HEALING
THROUGH THE PAR-
TICIPATORY
RESEARCH PROCESS



Women in2 Healing: A Participatory Research Project

Our NINE goals

We are women who have been incarcerated. We are women who seek to be empowered emotionally, spiritually and in our mental and physical health.

We achieve this through the participatory research process where women, academics, volunteers and members of community agencies come together with common goals and values.

Started in prison, the participatory research project has evolved to help women engage in the community and find the resources that are available to have healthy, happy, and successful lives.

1. Improved access to safe and stable housing
2. Improved peer and community support
3. Increased ability to contribute to society
4. Improved relationships with children, family and partners
5. Increased job skills, training, relevant education, and employment
6. Improved awareness of wellness, and integrating wellness into life
7. Improved dentition and oral health
8. Improved access to consistent (primary) health care
9. Improved education of health and disease, including infections and consequences of drug use

We are working to achieve these goals through a variety of ways:

- Monthly health education and skill building meetings
- Support as we learn about and develop personal exercise plans
- Support as we learn about and develop personal nutrition plans
- Exploration of opportunities available at local community centers
- Bi-monthly group meetings to share findings and experiences
- Women and project staff develop reports and write stories about the projects findings
- Evaluation of the project.