

Meeting Invitation: Presentation: TTR Toolkit to Identify & Escape Family Violence

November 27th, 2025
3-5 PM
Wellness Lodge

Dear TTR Members,

As part of the TTR Family Violence Initiative, we would like to invite you to the presentation of the TTR Toolkit to Identify & Escape Family Violence.

This Toolkit has been developed to facilitate a discussion about family violence affecting our members. Through this toolkit, we also hope to help you to recognize your inner strength and guide you along the way to ensure you access the resources available to you and your family.

Toolkit Topics:

- Awareness: Understanding Family Violence
- Recognizing & Identifying Family Violence
- Responding & Addressing to Family Violence
- Healing
- Breaking the Cycle of Family Violence
- Support, Resources & Tools

We will have door prizes and dinner. Participating TTR Elders (65+) will receive an honorarium of \$150.00 See you there!

Miigwech,

Don Clarke

Meet our Guest
Speaker:



Catherine Arlnold
Registered Social Worker (BSW, RSW);
Early Childhood Educator III;
Reiki Practitioner;
Hypnotherapy Provider;
Accelerated Emotional Release Therapy;
Certified Life Coach

As a healer, Catherine has over 20 years experience supporting individuals and families. She works from a client-centred approach, and is wellversed in providing care for the following needs:

- Addictions & Substance Use
- Domestic Violence
- Depression and Anxiety
- Trauma & Early Childhood Adverse Experiences (A.C.E.s)
- Post-Traumatic Stress Disorder (P.T.S.D.)
- Faith-Based and Spiritual Counselling
- Parenting & Attachment
- Critical Incident Debriefing and Community Workshop Delivery
- Employee Assistance Programs (E.A.P.)