

Address Challenges With:

- Control issues.
- Abusive behaviours
- Anger management issues and regulation of emotions
- Jealousy and feelings of insecurity
- Substance abuse issues
- Prescription of unhealthy roles and creation of healthy relational roles
- Internal pressures (negative self-talk; negative core beliefs)
- Understanding, awareness, and management of external pressures from society

Even in the quietest moments, when you feel most isolated, please know you are not invisible; the space you occupy in this world is real and it matters.

The quiet, powerful strength that has gotten you through so much has carried you this far, and you don't have to walk the rest of the way alone.

Reaching out is an act of profound courage. Help and hope are real, tangible forces, waiting patiently for you whenever you're ready to take that next step.



Domestic Violence



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Bo Popovic

Bo Popovic is a Masters level social worker with over 10 years of experience in mental health, addressing complex trauma, depression/anxiety, domestic violence issues, relationship issues, burnout/stress management, criminal offending behaviour, and personality disorders.



Jenny Taylor

With over 20 years of experience in crisis and family court, Registered Social Worker Jenny provides compassionate, non-judgmental support for survivors of domestic violence.

Her priority is creating a safe space to help you heal, reclaim your strength, and set firm boundaries, especially in complex co-parenting situations. With Jenny, you can work towards a future defined by peace and confidence.

Benefits Include:

- Regulation of emotions.
- Understanding how to regulate emotions and manage unhealthy urges, such as alcohol/substance use
- Understanding the concept of roles in a relationship
- Develop and improve communication and conflict resolution skills
- Enhanced ability to communicate your needs to your partner without managing conflict in unhealthy ways. (Abuse, substance use, or control.
- Understanding different forms of abuse
- Greater self-awareness and insight into unhealthy relational behaviours
- Greater psychological flexibility resilience and distress tolerance
- Understanding and managing feelings, such as rejection, feeling dismissed, and jealousy