

PROJECT AT A GLANCE

MEASURING THE EFFECTS OF SHAPE YOUR LIFE PROJECT ON THE MENTAL AND PHYSICAL HEALTH OUTCOMES OF VICTIMS OF DOMESTIC VIOLENCE



PROJECT GOAL

To expand understanding of the mental and physical health outcomes for female victims of domestic violence in the Shape Your Life (SYL) project.

PROJECT OBJECTIVES

- To address the physical and mental health needs of victims of domestic violence.
- To engage victims of domestic violence in a physical activity based program that also connects them to information, supports, and community resources.
- To expand community services for victims of domestic violence, through a collaborative, multi-agency approach.
- To address a gap in service provision and knowledge.
- Shape Your Life has produced evidence-based qualitative research which demonstrates that SYL is an effective intervention. The Public Health Agency of Canada funding will enable the project to provide quantitative research evidence of the impact of SYL on physical and mental health, and measure the intervention's impact.

PROJECT ACTIVITY HIGHLIGHTS



PROJECT LEADS:



Brock University: is a public research university located in St. Catharines, Ontario, Canada.



Opportunity for Advancement: is a Toronto based community agency that works with women who have experienced violence across the GTA.

