

*Practical Examples of a
Grassroots Peer-to-Peer
— Outreach to the Community*

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Peer Advocate Leadership Training : *Building A Grassroots Movement to End Violence*

- Created with the idea that all forms of violence, victim blaming, gossiping, bullying etc. are occurring in the community but many are unaware that **things can be different, that individuals can make a change.**
- Needed to create extended education and events to **keep PALs connected and engaged** despite limited English proficiency with multi-racial/ethnic identities.
- Therefore, KAN-WIN created **Empathy Book Club.**

EMPATHY BOOK CLUB

'YOU ARE RIGHT'

How's your mind doing?

*Now, what you need is a
healing like home-made food*

- Hye-sin Chöng

“요즘 마음이 어떠세요?”

지금, 당신에게 필요한 건 소박한 집밥 같은 치유



당신이 옳습니다.
정혜신

치유자 정혜신이 전하는 공감의 모든 것



KAN
WIN

"This is not a work that only professionals can do.

Someone who listens sincerely to my pain with closed eyes and listens again...

Someone who focuses on my presence, and asks and asks again...

Someone who is not in haste for replies and whose patience wets my eyes...

If it is someone like this, who this is does not matter. What is important is not who this someone is. This someone who does so is the important one. With that 'someone', a person lives (p. 109)"

"Empathy occurs when I do not mistreat myself or oppress myself in order to empathize with others. To empathize with someone is to finally liberate the both of us from complex, heavy burdens.

Although I may be in pain while empathizing with others, this at the same time provides an opportunity for me to be empathized with and heal. This is a special gift for the recipient of empathy. (p. 121)"

Practice Creating Safe Space

- Confidentiality
- Empathy
- Supporting people with trauma
- Judgment-free listening

Don't advise

Don't admonish

Don't evaluate

Don't judge

**What do you think
had happened?**

We witnessed ...

- Pervasiveness of violence in the community
- Shared how they are still impacted by domestic violence from childhood
- They were craving opportunities for closure and healing

---> Our agency must delve deeper into our communities with realistic outreach and education efforts as well as resources for healing.

Aha!

KAN-WIN created
follow-up events,

Art Therapy



Outcomes?

“.....”

- “I wish for more opportunities for community members to participate in this program. It makes me think that the reason why people so easily victim-blame survivors of domestic violence or sexual assault is because they themselves have never experienced being empathized at a safe space.
- “What I had done until now was emotional labor. After realizing the true definition of empathy, I have learned to recognize the importance of keeping a healthy boundary for myself, and this has drastically improved my interactions with clients and other people.”

Outcomes?

“ ”

- “Being able to disclose my long-time scar at a safe space via Empathy book club allowed me to feel relief as if putting down a huge burden. The time spent in art therapy to find my true self was a precious time spent solely focused on myself. This gave me faith that safe space can be made in regular day-to-day. I have created a book club with my community neighbors and I will continue to practice safe space.”
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Listening Session

It's time to learn from you. What are some tools you could share with us?

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website **www.kanwin.org**

email **info@kanwin.org**

phone **847-299-1392**

