

# YWCA IS ON A MISSION

To Provide Safety & Support Through

## WOMEN'S SUPPORT GROUP

- Stop the cycle of abuse
- Explore power and control
- Learn how to be safe
- Build self-esteem
- Define healthy boundaries
- Acquire positive coping skills
- Manage stress & anger

Thursdays 6:30 - 8:00PM  
at the YWCA

Includes a Children's Group with art & activities for grades 1-8  
& childcare for children kindergarten & under

**HOPE • HUMOR • HEALTH**

**NO FEE - OPEN GROUP**

300 Main St. • Lewiston • 746.9655 or 800.669.3176  
[ywcaidaho@lewiston.com](mailto:ywcaidaho@lewiston.com) • [www.ywcaidaho.org](http://www.ywcaidaho.org)

# YWCA IS ON A MISSION

## Topics

---

November 8	What is abuse? <ul style="list-style-type: none"><li>• Seven areas of abuse and their effect on victims</li></ul>
November 15	Will I ever get through this? <ul style="list-style-type: none"><li>• Coping with the grief and loss of unrealistic dreams</li><li>• Dealing with the loss of support and family</li></ul>
November 22	<b>No Group - Happy Thanks Giving!</b>
November 29	What is positive communication <ul style="list-style-type: none"><li>• Communicate your wants and needs</li><li>• Develop positive self talk</li></ul>
December 6	Why don't my wants and needs matter in this relationship? <ul style="list-style-type: none"><li>• Power &amp; Control: who has it &amp; how to get it back</li></ul>
December 13	Does all abuse leave a bruise? <ul style="list-style-type: none"><li>• How emotional abuse destroy lives</li></ul>
December 20	How does abuse affect the family? <ul style="list-style-type: none"><li>• Family dynamics of an abusive household</li><li>• Nature vs Nurture</li></ul>
December 27	Financial Abuse <ul style="list-style-type: none"><li>• What is Financial Abuse?</li><li>• How do I rebuild a financial future after abuse?</li></ul>
January 3	How do I put my needs first? <ul style="list-style-type: none"><li>• Taking care of emotional needs</li></ul>
January 10	Is it okay to be angry? <ul style="list-style-type: none"><li>• How to deal with uncomfortable emotions</li><li>• Skills to develop healthy emotions</li></ul>
January 17	<b>No Group - Join us for Business After Hours from 5—7</b>
January 24	Why do I need boundaries? <ul style="list-style-type: none"><li>• The importance of boundaries in the healing process</li><li>• How to set and maintain healthy boundaries</li></ul>
January 31	How do I recognize the red flags? <ul style="list-style-type: none"><li>• How to develop non-abusive relationships</li></ul>
February 7	Where do I go from here: <ul style="list-style-type: none"><li>• Setting a course of action and change</li></ul>