

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

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Topics

January 2	What is abuse? <ul style="list-style-type: none">• Seven areas of abuse and their effect on victims
January 9	Will I ever get through this? <ul style="list-style-type: none">• Coping with the grief and loss of unrealistic dreams• Dealing with the loss of support and family
January 16	What is positive communication <ul style="list-style-type: none">• Communicate your wants and needs• Develop positive self talk
January 23	Why don't my wants and needs matter in this relationship? <ul style="list-style-type: none">• Power & Control: who has it & how to get it back
January 30	Does all abuse leave a bruise? <ul style="list-style-type: none">• How emotional abuse destroy lives
February 6	How does abuse affect the family? <ul style="list-style-type: none">• Family dynamics of an abusive household• Nature vs Nurture
February 13	Was that Gas Lighting? <ul style="list-style-type: none">• What is Gas Lighting?• How gas lighting affects us both during and after abuse
February 20	How do I put my needs first? <ul style="list-style-type: none">• Taking care of emotional needs
February 27	No Group - Join us for SoupPort Our Shelter tomorrow!
March 5	Is it okay to be angry? <ul style="list-style-type: none">• How to deal with uncomfortable emotions• Skills to develop healthy emotions
March 12	Why do I need boundaries? <ul style="list-style-type: none">• The importance of boundaries in the healing process• How to set and maintain healthy boundaries
March 19	How do I recognize the red flags? <ul style="list-style-type: none">• How to develop non-abusive relationships
March 26	Where do I go from here: <ul style="list-style-type: none">• Setting a course of action and change