

YWCA IS ON A MISSION

To Provide Safety & Support Through

WOMEN'S SUPPORT GROUP

New Covid-19 procedures

- All participants must wear a mask*
- All participants must RSVP *
- 6 foot physical distancing
- Limit 10 members per group
- Limit 5 for childcare & 5 for children's group

* Masks are available and participants can RSVP by calling 208-743-1535 *

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

Includes a Children's Group 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
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Topics

April 1	What is abuse? <ul style="list-style-type: none">• Seven areas of abuse and their effect on victims
April 8	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
April 15	What is positive communication <ul style="list-style-type: none">• Communicate your wants and needs• Develop positive self talk
April 22	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
April 29	Does all abuse leave a bruise? <ul style="list-style-type: none">• How emotional abuse destroy lives
May 6	How does abuse affect the family? <ul style="list-style-type: none">• Family dynamics of an abusive household• Nature vs Nurture
May 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
May 20	How do I put my needs first? <ul style="list-style-type: none">• Taking care of emotional needs
May 27	Is it okay to be angry? <ul style="list-style-type: none">• How to deal with uncomfortable emotions• Skills to develop healthy emotions
June 3	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
June 10	How do I recognize the red flags? <ul style="list-style-type: none">• How to develop non-abusive relationships
June 17	Where do I go from here: <ul style="list-style-type: none">• Setting a course of action and change