

YWCA IS ON A MISSION

To Provide Safety & Support Through

WOMEN'S SUPPORT GROUP

Updated Covid-19 procedures

- Limit of 5 children for childcare & 5 for children's support group.
- Adults will only need to RSVP for childcare and children's group*

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

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Topics

Oct 7	What is abuse? <ul style="list-style-type: none">• Seven areas of abuse and their effect on victims
Oct 14	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
Oct 21	What is positive communication <ul style="list-style-type: none">• Communicate your wants and needs• Develop positive self talk
Oct 28	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
Nov 4	Does all abuse leave a bruise? <ul style="list-style-type: none">• How emotional abuse destroy lives
Nov 11	How does abuse affect the family? <ul style="list-style-type: none">• Family dynamics of an abusive household• Nature vs Nurture
Nov 18	Was that Gas Lighting? <ul style="list-style-type: none">• What is Gas Lighting?• How gas lighting affects us both during and after abuse
Nov 25	No Group. Happy Thanksgiving!
Dec 2	How do I put my needs first? <ul style="list-style-type: none">• Taking care of emotional needs
Dec 9	Is it okay to be angry? <ul style="list-style-type: none">• How to deal with uncomfortable emotions• Skills to develop healthy emotions
Dec 16	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
Dec 23	How do I recognize the red flags? <ul style="list-style-type: none">• How to develop non-abusive relationships
Dec 30	Where do I go from here: <ul style="list-style-type: none">• Setting a course of action and change