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*

**WOMEN'S SUPPORT 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**

300 Main St. • Lewiston • 746.9655 or 800.669.3176
ywcaidaho@lewiston.com • www.ywcaidaho.org
<table>
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<th>Date</th>
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| Jan 6    | Where do I go from here:  
  Setting a course of action and change                               |
| Jan 13   | What is abuse?  
  - Seven areas of abuse and their effect on victims                   |
| Jan 20   | Will I ever get through this?  
  - Coping with the grief and loss of unrealistic dreams  
  - Dealing with the loss of support and family                        |
| Jan 27   | What is positive communication  
  - Communicate your wants and needs  
  - Develop positive self talk                                          |
| Feb 3    | Why don’t my wants and needs matter in this relationship?  
  - Power & Control: who has it & how to get it back                     |
| Feb 10   | Does all abuse leave a bruise?  
  - How emotional abuse destroy lives                                    |
| Feb 17   | How does abuse affect the family?  
  - Family dynamics of an abusive household  
  - Nature vs Nurture                                                     |
| Feb 24   | **No Group.** Soup-Port our shelter fundraiser 2/25/21                |
| March 3  | Was that Gas Lighting?  
  - What is Gas Lighting?  
  - How gas lighting affects us both during and after abuse             |
| March 10 | How do I put my needs first?  
  - Taking care of emotional needs                                       |
| March 17 | Is it okay to be angry?  
  - How to deal with uncomfortable emotions  
  - Skills to develop healthy emotions                                    |
| March 24 | Why do I need boundaries?  
  - The importance of boundaries in the healing process  
  - How to set and maintain healthy boundaries                           |
| March 31 | How do I recognize the red flags?  
  - How to develop non-abusive relationships                             |

Next session begins April 14, 2022

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