

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 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

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Topics

February 2	What is abuse? <ul style="list-style-type: none">• Seven areas of abuse and their effect on victims
February 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
February 16	What is positive communication <ul style="list-style-type: none">• Communicate your wants and needs• Develop positive self talk
February 23	No Group: Join us for SoupPort our Shelter 2/24/23
March 2	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
March 9	Does all abuse leave a bruise? <ul style="list-style-type: none">• How emotional abuse destroy lives
March 16	How does abuse affect the family? <ul style="list-style-type: none">• Family dynamics of an abusive household• Nature vs Nurture
March 23	Was that Gas Lighting? <ul style="list-style-type: none">• What is Gas Lighting?• How gas lighting affects us both during and after abuse
March 30	How do I put my needs first? <ul style="list-style-type: none">• Taking care of emotional needs
April 6	No Group - Join us for SoupPort Our Shelter tomorrow!
April 13	Is it okay to be angry? <ul style="list-style-type: none">• How to deal with uncomfortable emotions• Skills to develop healthy emotions
April 20	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
April 27	How do I recognize the red flags? <ul style="list-style-type: none">• How to develop non-abusive relationships
May 4	Where do I go from here: <ul style="list-style-type: none">• Setting a course of action and change