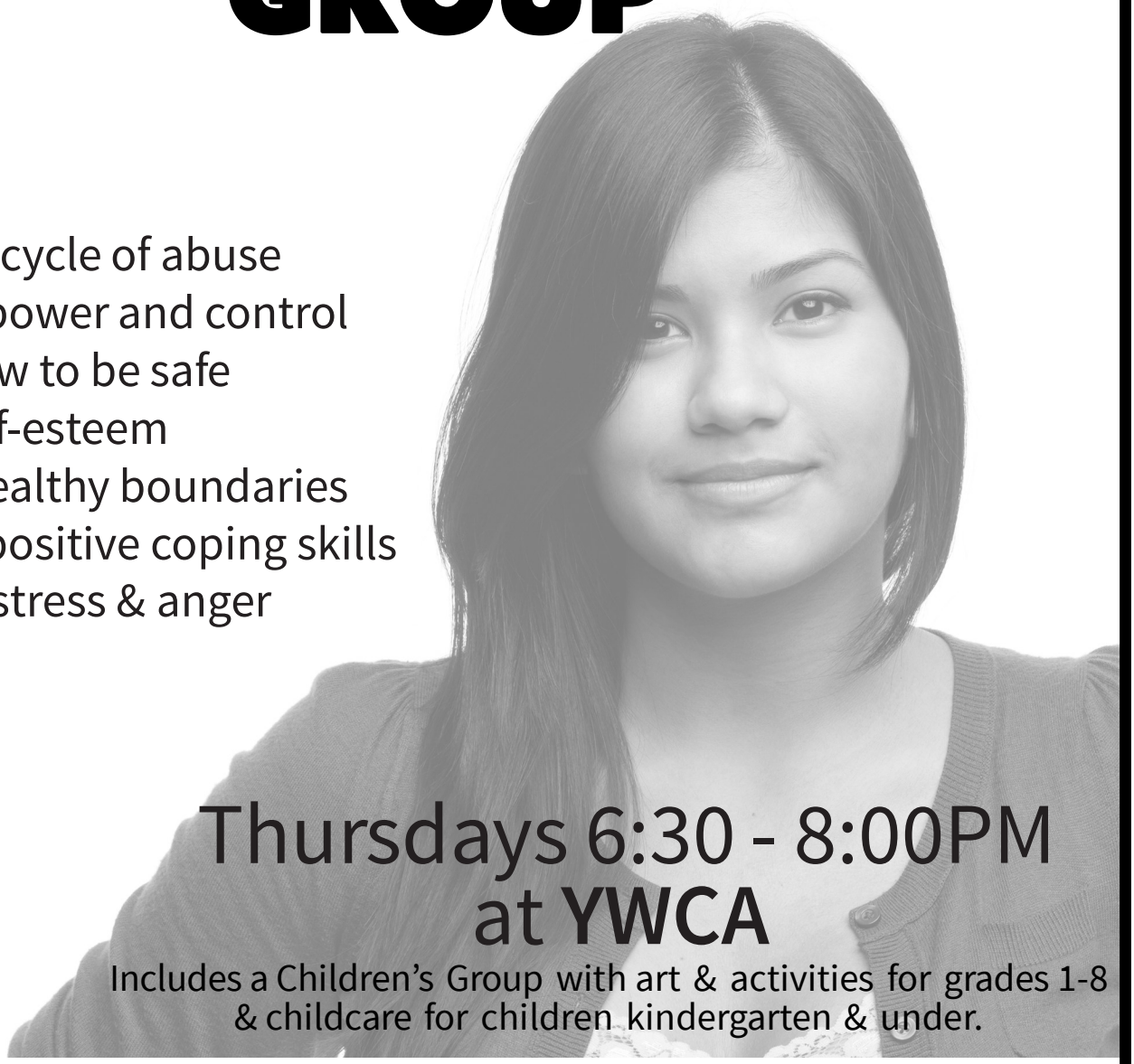
YWCA IS ON A MISSION

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

info@ywcaidaho.org • www.ywcaidaho.org

A Twin County United Way Agency

YWCA IS ON A MISSION

Topics

September 10	What is abuse? • Seven areas of abuse and their effect on victims
September 17	Will I ever get through this? • Coping with the grief and loss of unrealistic dreams • Dealing with the loss of support and family
September 24	What is positive communication • Communicate your wants and needs • Develop positive self talk
October 1	Why don't my wants and needs matter in this relationship? • Power & Control: who has it & how to get it back
October 8	Does all abuse leave a bruise? • How emotional abuse destroy lives
October 15	How does abuse affect the family? • Family dynamics of an abusive household • Nature vs Nurture
October 22	Was that Gas Lighting? • What is Gas Lighting? • How gas lighting affects us both during and after abuse
October 29	Is it okay to be angry? • How to deal with uncomfortable emotions
November 5	Why do I need boundaries? • The importance of boundaries in the healing process • How to set and maintain healthy boundaries
November 12	How do I recognize the red flags? • How to develop non-abusive relationships
November 19	Where do I go from here: • Setting a course of action and change

Next session begins December 3, 2026

300 Main St. • Lewiston, ID 83501
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eliminating racism
empowering women
ywca