

### MOVING FROM DISTRESS TO DE-STRESS | FACILITATED BY CASEY

Life holds many challenges and changes. This is especially when leaving a domestic violence situation and growing through recovery. In this session, we will learn and practice practical steps anyone can take to better manage stress and anxiety.

**Mondays: September 11 | September 18 at 5:30pm**

### FINDING ME: USING "PARTS WORK" TO UNDERSTAND OURSELVES AND CREATE MORE LOVE, GROWTH, AND SAFETY. | FACILITATED BY ANDREW

Have you ever wondered why people can be so complicated? Using a "Parts Work" approach, we will bring some understanding and action steps you can take to help things make more sense. One person can be many things – responsible, fun-loving, traumatized, goofy, creative, kind, sheltered, serious, and more; by understanding and embracing what we are, we can create a new reality with more hope and freedom.

Part 1 – What are my different parts? In this session, we discuss and teach about different parts of a personality and how to be more gentle to ourselves.

Part 2 – On the journeying with my different parts: In this session, we will find creativity and insight and wisdom to apply "Parts Work" to our everyday lives.

**Tuesdays: September 12 | September 19 at 5:30pm**

### HEALTHY VS UNHEALTHY BOUNDRIES | FACILITATED BY DOROTHY

When we define and implement healthy personal boundaries, fear diminishes significantly. We feel more empowered and our self-confidence increases. In this group, we will define and differentiate healthy versus unhealthy boundaries. We will discuss different ways we need to protect our core-dignity, self-respect, sense of self-worth and identity. We will explore different ways of communicating our physical, emotional, mental and spiritual needs.

**Mondays: September 25 | October 2 | October 9 | October 16 at 5:30pm**

### SURVIVE AND THRIVE | FACILITATED BY KIMBERLY C

For anyone who has experienced abuse, to support one another in their process. We will be offering encouragement and emotional support to one another within the group during these sessions.

**Tuesdays: September 26 | October 3 | October 10 | October 17 at 5:30pm**

### RECONOCER EL ABUSO DOMESTICO ES EL PRIMER PASO PARA OBTENER AYUDA | FACILITATED BY MARTHA

El abuso doméstico a menudo se intensifica de amenazas y abuso verbal a violencia. Y aunque las lesiones físicas pueden ser el peligro más obvio, las consecuencias emocionales y psicológicas del abuso doméstico son graves. Las relaciones emocionalmente abusivas pueden destruir tu autoestima, provocar ansiedad y depresión, y hacerte sentir impotente y solo. Nadie debería tener que soportar este tipo de dolor, y su primer paso para liberarse es reconocer que su situación es abusiva. Una vez que reconozca la realidad de la situación abusiva, puede obtener la ayuda que necesita.

Durante el grupo aprenderemos y practicaremos pasos básicos para pedir auxilio.

**Wednesday, September 27 at 12:00pm**

## COMPRENDER LOS EFETOS DEL TRAUMA | FACILITATED BY MARTHA

El efecto psicológico esencial del trauma es la destrucción de la inocencia. El trauma crea una pérdida de fe en que no hay seguridad, previsibilidad o significado en el mundo, o cualquier lugar seguro en el que retirarse. Implica una desilusión total. Debido a que los eventos traumáticos a menudo no pueden ser procesados por la mente y el cuerpo como lo son otras experiencias, debido a su naturaleza abrumadora e impactante, no se integran ni se digieren. El trauma adquiere vida propia y, a través de sus efectos continuos, persigue al sobreviviente e impide que la vida normal continúe hasta que la persona reciba ayuda.

Durante el grupo aprenderemos y practicaremos los Cuidados básicos para trauma in general y específico de violencia doméstica

**Wednesday, October 11 at 12:00pm**

## CONNECTING MOMS WITH MOMS | FACILITATED BY CASEY

Being a mom is tough. Being a mom recovering from DV is beyond tough. Facing day-to-day challenges of parenthood, adapting to changes, having a limited support, co-parenting with an abusive person, and/or navigating feelings of loss and disappointment can feel overwhelming. This group will be a space to connect with other moms who understand the challenges facing survivors and support one-another through these challenges. There will be opportunities to process and be heard, as well as opportunities to share resources.

**Mondays: October 23 | October 30 at 5:30pm**

## PARENTING AND TRAUMA RECOVERY: FINDING MOMENTS OF HEALING AND CONNECTION. | FACILITATED BY ANDREW

Trauma and hard stuff often gets in the way for people who want to be loving and available to their families. Please join us for a discussion of trauma recovery for people who want to create balance and healing for themselves and their children. At this group, parents will be able to learn some techniques to use for themselves and their children to improve their connections.

**Tuesday, October 24 at 5:30pm**

## HEALTHY COPING SKILLS | FACILITATED BY DOROTHY

Are you struggling with anxiety or some emotional distress as you face situations you never anticipated? Healthy coping skills are important and can help you manage an array of situations in life or help you take action in areas you may be stuck. This group session will provide and share different healthy coping skills that may help you as you chose to move forward.

**Mondays: November 6 | November 13 at 5:30pm**

## FEELINGS REDUCATION | FACILITATED BY KIMBERLY

One person will be in the working chair and the rest of the group will be witness to their process. We will review confidentiality and boundaries before every group. The person in the working chair will come prepared with all of their homework complete. A guided meditation will give the person in the working chair the opportunity to “give back carried shame” to the perpetrator (who will only be present in their imagination) in the empty chair. After that person is complete, the rest of the group will use the talking boundary to give intimate feedback to the person in the working chair. This group is meant for persons with some therapy under their belt, and not intended for a person new to therapy.

**Tuesdays: November 7 | November 14 at 5:30pm**

### **Things to know.**

1. You must be registered to attend.
  2. Registration closes 24 hours before group begins.
  3. Please arrive a few minutes early in order to start on time.
  4. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance.
  5. Support Groups are confidential.
  6. Guests are not allowed.
  7. Childcare is available for children of adult clients during support group but must be reserved in advance.
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To register or for more information call **913-262-2868**  
Para registrarse o mas informacion llame al 913-262-2868