

Virtual Only

SURVIVE AND THRIVE | FACILITATED BY DOROTHY AND CASEY

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.

Monday: August 19 | August 26 | Sept 9 | Sept 16 | Sept 23 | Sept 30 | Oct 7 | Oct 14 | Oct 21 | Oct 28 at 5:30pm

EMPOWERMENT | FACILITATED BY MARTHA

Domestic abuse often begins with threats and verbal abuse and increases to other forms of domestic violence. The physical injury may be the most obvious danger, but emotional and psychological consequences of domestic abuse are severe. Emotionally abusive relationships can destroy your self-esteem, lead to anxiety and depression, and make you feel helpless and alone. This group will go over ways to improve your self-esteem and help you feel empowered.

Tuesdays: August 20 | August 27 at 5:30pm

CODEPENDENCE AND THE NARCISSISTIC PARTNER | FACILITATED BY KIMBERLY

We will be using the information provided by Dr. Ramani Durvasula, who is the author of "It's Not You, Identifying and Healing from NARCISSISTIC People". Many of you may be familiar with her pod casts, so have heard of her concepts of "love bombing", "narcissistic supply", and the "C-suite". This should be an interesting and lively group discussion.

Tuesdays: Sept 10 | Sept 17 | Sept 24 | Oct 1 | Oct 8 at 5:30pm

RECONOZCA LA VIOLENCIA DOMESTICA Y PIDA AYUDA | FACILITATED BY MARTHA

El abuso doméstico a menudo comienza con amenazas y abuso verbal y aumenta la 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. El 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.

Thursdays: Sept 12 | Sept 19 | Sept 26 at 12:00pm

Things to know.

1. Groups are virtual and are held on Microsoft Teams.
 2. You must be registered to attend.
 3. You will receive a link to the group 24 hours in advance.
 4. Have your camera turned on during the group.
 5. Please arrive a few minutes early in order to start on time.
 6. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance and will be updated annually.
 7. Support Groups are confidential.
 8. Guests are not allowed.
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To register or for more information call **913-262-2868**
Para registrarse o mas informacion llame al 913-262-2868