

### LETTING GO OF SHAME | FACILITATED BY KIM

We'll be using the book by Potter-Efron called Letting Go of Shame and gaining understanding on how shame affects your life. Our natural response to shame experiences is to hide and withdraw. The last thing most people want to do is talk about it. Shame is more than a feeling. It's a physical response combined with predictable actions, uncomfortable thoughts, and spiritual despair. We will increase our understanding of it and how to make it more manageable.

**Mondays: Jan 23 | Jan 30 | Feb 6 | Feb 13**

### THE WHOLE BRAIN CHILD | FACILITATED BY DOROTHY

**Part 1:** We will be using curriculum from "The whole Brain Child" to begin to understand different strategies of parenting with the brain in mind. You will gain tips on how to connect, engage and attend to the needs of your child in a health way.

**Part 2:** We will continue using the curriculum from "The whole Brain Child." To learn different ways we could help our children Integrate memory for growth & healing, Integrate parts of self, and Integrate self & other. We will gain understanding of benefits of integration.

Information may be provided from other resources as needed during part 1 and 2. You are encouraged to attend part 1 of the whole brain child before you sign for part 2.

**Part 1. Tuesdays: Jan 24 | Jan 31 | Feb 7 | Feb 14**

**Part 2. Mondays: April 10 | April 17 | April 24 | May 1**

### PARENTING WITH AN ABUSER | FACILITATED BY ANDREW AND CLAUDIA

Parenting with an abuser creates legal and emotional problems for many people, even years after the abuse started. Some of the topics covered by the Shelter Therapist and Staff Attorney: how to cope when the other parent is abusive, navigating the legal system whether you are single/married/separated/divorced/etc., separating psychological and legal processes, planning for the future of your parenthood, creating peace and safety in your home, and many more.

**Thursdays: Feb 2 | Feb 9 | Feb 16 | Feb 23**

### LOSING CODEPENDENCY AND FINDING ME | FACILITATED BY CASEY

Psychology Today defines codependency as "a dysfunctional relationship dynamic where one person assumes the role of "the giver," sacrificing their own needs and well-being for the sake of the other, "the taker." Codependency impacts boundaries, self-esteem, self-care, and other important areas of life and relationships. In this group, we will explore more in detail what codependency looks like. We will reflect on how this has shown up in our relationships and, for many, overlaps with domestic violence. We learn and start to practice ways to move toward healthy relationships with ourselves and others.

**Mondays: Feb 27 | March 6 | March 13 | March 20**

### LOVE ADDICTION, LOVE AVOIDANCE | FACILITATED BY KIM

We will be using Facing Love Addiction by Pia Mellody. There will be psycho-education, psycho-drama, handouts, and lots of participation as we discuss the set-up and the recycling activities that can be difficult to understand.

**Tuesdays: April 11 | April 18 | April 25 | May 2**

**Things to know.**

1. You must be registered to attend.
2. Support Groups start at 5:30, unless otherwise noted. Please arrive a few minutes early in order to start on time.
3. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance.
4. Support Groups are confidential.
5. Guests are not allowed.
6. Childcare is available for children of adult clients during support group but space must be reserved in advance.

**To register or for more information call 913-262-2868**

Para registrarse o mas informacion llame al 913-262-2868