

### 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.

**Monday: May 13<sup>th</sup> at 5:30pm**

### SURVIVE AND THRIVE | FACILITATED BY KIMBERLY CAMPBELL

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: May 14 | May 21 | June 4 | June 11 | June 18 at 5:30pm**

### TRAUMA RECOVERY | FACILITATED BY MARTHA

Trauma can take on a life of its own making it hard for us to heal. This can make it hard for us to do every day normal tasks. During this group we will learn and practice basic trauma care, specifically trauma caused by domestic violence.

**Thursdays: May 16<sup>th</sup> | June 6 at Noon.**

### TRAUMA-INFORMED YOGA | FACILITATED BY CASEY

Join us for a free session of trauma-informed yoga. This class will be taught by a yoga instructor via video, but facilitated on-site so we can practice together. This class is meant for any skill level and options will be explained throughout the course of the class for beginners and those who already have yoga skills. Each session is independent, so feel free to come to one or come every week. Please dress comfortably.

**Thursdays: May 16 | June 6 | June 13 | June 20 at 5:30pm**

### CREATING A VISION | FACILITATED BY CASEY

Knowing where we are headed helps us know what we are aiming for, Know if we are on track, and adapt to stay on course. In this group, we will look at our values and needs and the role they play in seeking a different future. We will get crafty and create a vision board that reflects the things that are important to us in our life post-domestic violence. Whether you are just starting your recovery from domestic violence or are moving forward with different stages of your recovery, this group is for you.

**Mondays: May 20 | June 3 at 5:30pm**

## RECUPERARSE DE LOS EFETOS DEL TRAUMA | FACILITATED BY MARTHA

El efecto del trauma es la destrucción de la estabilidad. El trauma crea una pérdida de fe, donde no hay seguridad. 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 y impactante, no se integran ni se digieren. El trauma adquiere vida propia y, sus efectos continuos, persigue al sobreviviente impidiendo que la vida normal continúe hasta que la persona reciba ayuda. Durante el grupo aprenderemos y practicaremos los Cuidados básicos para trauma, específicamente de trauma causado por violencia doméstica.

**Thursdays: May 23rd | June 13 at 12:00pm**

## THE WHOLE BRAIN CHILD | FACILITATED BY DOROTHY

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.

**Mondays: June 10th| June 17th 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.

To register or for more information call **913-262-2868**  
Para registrarse o mas informacion llame al 913-262-2868