

HEALTHY VERSUS UNHEALTHY BOUNDARIES | FACILITATED BY DOROTHY

Monday, May 22, 2023: 5:30pm

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.

TAKING BACK MY POWER AND CONTROL | FACILITATED BY ANDREW

Tuesday, May 23, 2023: 5:30pm

It can be so hard to feel powerful or in-control of our circumstances when trauma and abuse come along. Power and Control are two things that many people need so they can heal their lives. In this group, we will combine a few things: 1) education about the Power & Control Wheel; 2) finding our own healthy version of having power and control; and 3) identifying safe and healthy signs in our own day-to-day situations.

CREATING A VISION | FACILITATED BY CASEY

Monday, June 5, 2023: 5:30pm

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.

UNDERSTANDING ABUSIVE TACTICS | FACILITATED BY KIMBERLY C

Tuesday, June 6, 2023: 5:30pm

This group will be about understanding and recognizing the tactics most frequently used by an abuser, and how our vulnerabilities can be taken advantage of. We will look at each of the tactics an abuser may use and discuss how we may easily fall into their trap. We will practice setting boundaries together.

INTRODUCCIÓN AL AUTO CAMBIÓ DE PENSAMIENTOS NEGATIVOS | FACILITATED BY MARTHA A

Monday, June 12, 2023: 12:00pm

En este grupo discutiremos los tres pasos para el auto cambio de pensamientos negativos. Prestar atención a nuestros pensamientos, reconocer el pensamiento problemático y como usar el nuevo pensamiento.

FINDING MY VOICE AFTER ABUSE | FACILITATED BY ANDREW

Tuesday, June 13, 2023: 5:30pm

Do you ever feel like the words you say to others don't matter? Every day, the things we say, how we say them, and what we do after we speak affects the way we live in big ways! After abuse, many people relate to feeling like they lost their voice, their power, their ability to set boundaries (and keep them), and the general feeling like their words matter to the people around them. Whether you used to speak confidently before trauma, or this is new to you, this enrichment session will cover some education and strategies to wake up the beautiful voice you have and new ways to use it in your life.

BODY EMOTIONS | FACILITATED BY KIMBERLY C

Tuesday, July 11, 2023: 5:30pm

In this group, we will be using art therapy to explore how we feel emotions in our bodies. We will be getting on the floor and use finger-paints on large shapes of paper to identify where we feel emotions.

EL TRIÁNGULO DRAMÁTICO: ECHANDO UN VISTAZO A NUESTRAS RELACIONES | FACILITATED BY MARTHA A

Monday, July 17, 2023: 12:00pm

Los roles más comunes en los que las personas participan para manipular a otros para su propio beneficio. Estos roles son la víctima, el perseguidor y el salvador. Durante el grupo de enriquecimiento, los participantes aprenderán a definir cada rol y por qué son estos roles en nuestra vida. El grupo aprenderá y practicará habilidades para salir del triángulo y tener un cambio positivo en nuestro yo y en las relaciones en general. (Adaptado del triángulo de Karpman por Stephen B Karpman)

UNDERSTANDING NARCISSISM – TRAITS AND BEHAVIORS OF PEOPLE WHO ABUSE | FACILITATED BY ANDREW

Tuesday, July 18, 2023: 5:30pm

It's hard to know why some people neglect or abuse people in relationships – traits of Narcissism usually contribute to this. But is narcissism all bad? This is a big topic, and is important for the safety of survivors of domestic violence to identify and understand. This enrichment session will discuss different signs and symptoms of these traits, behaviors, and patterns and some creative ways to manage them when they show up in families, at work, and in our own minds.

PAST, PRESENT, FUTURE: EXPLORING IDENTITY THROUGH ART | FACILITATED BY CASEY

Monday, July 24, 2023: 5:30pm

Do you feel that you have lost yourself, or a part of yourself along the way? Often in abuse, we make changes to survive, to please our partner, or to make the relationship work. As a result, many survivors find themselves on a journey to rediscover or reclaim their identity after abuse. In this group, we will use art to reflect on our past, present, and future selves. No previous art training or ability needed. This group is about self-expression and exploration, not technique.

HEALTHY COPING SKILLS | FACILITATED BY DOROTHY

Monday, July 31, 2023: 5:30pm

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.

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