

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: January 29 | February 5 at 5:30pm

TRAUMA-INFORMED YOGA | FACILITATED BY ALL THERAPISTS

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.

Tuesdays: Jan 30 | Feb 6 | Feb 13 | Feb 20 | Feb 27 | March 5 at 12:00pm

GRIEF GROUP | FACILITATED BY KIMBERLY

Plan to come with a person or situation in mind that you feel you are feeling grief about. This could be a love one who died, your ex (even if he was abusive), your situation, or whatever is causing you deep sadness. We will discuss the steps of grieving and do grief work with one another. Feel the support of your group as you have your process.

Tuesdays: January 30 | February 6 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.

Thursdays: February 1 | February 8 at 12:00pm

SURVIVE AND THRIVE | FACILITATED BY CASEY

This group is open to any adult who has experienced abuse. We will provide to support to one another wherever we are in the healing process. We will be offering encouragement and reflect on our experiences. We will provide space for processing DV recovery topics such as grief, identity, self-confidence, boundaries, rebuilding, and more. There will also be opportunities to share what has been helpful to you in your recovery so far.

Mondays: February 12 | February 19 at 5:30pm

WRITE AN ACTION PLAN GROUP | FACILITATED BY KIMBERLY C

Consider whatever stage or situation you are in and when you are ready to consider a change, come ready to create a plan for that change. We will learn about the Stages of Change and discover how to write a plan that can be safe and achievable. The group will support one another in this writing process.

Tuesdays: February 13 | February 20 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: February 26 | March 4 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: February 29 | March 7 at 12:00pm

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