

Safehome

Support Group Descriptions

SURVIVE AND THRIVE

Let's heal together! During and after domestic violence, people are all at different points in their journey to healing – and coming together with others is a big part of recovery. This is a group where people at all stages in the healing process are welcome.

Facilitated by Kenni and Dorothy

Mondays: October 3 | October 10 | October 17 | October 24

WOMEN EMPOWERED

This group is an opportunity for women to come together to share ideas, hopes, and challenges. It will help you focus on your values and priorities.

Facilitated by Kenni and Casey

Mondays: August 29 | September 5 | September 12 | September 19

THE WHOLE BRAIN CHILD

We will be using curriculum from “The Whole Brain Child” to begin to understand the development brain of children. You will gain tips on how to engage, connect and attend to the needs of your child.

Facilitated by Dorothy and Kim

Tuesdays: August 30 | September 6 | September 13 | September 20

TRAUMA BONDS

Recognizing how traumatic relationships impact our everyday lives

Fall Series 1. Facilitated by Kim

Tuesdays: October 4 | October 11 | October 18 | October 25

Fall Series 2. Facilitated by Kim and Kenni

Tuesdays: November 15 | November 22 | November 29 | December 6

PEACE THROUGHOUT THE HOLIDAYS

Holidays can bring many stressors including difficult family interactions, financial challenges, increased time with or exposure to an abusive partner, grief, and others. In this group, we will explore together our thoughts, feelings, and experience of the holidays. We will learn and practice mindfulness and coping skills to reduce stress and increase joy.

Facilitated by Casey and Dorothy

Mondays: November 14 | November 21 | November 28 | December 5

Things to know.

1. You must be registered to attend.
2. Support Groups start at 5:30. Please be sure to 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**