

CITAS, AMOR Y SEXO | DATES, LOVE & SEX | FACILITATED BY KENNI | SPANISH SPEAKING

Este grupo de apoyo se centrará en cómo mantener la seguridad en las citas, las redes sociales y en persona, nosotros/as crearemos una lista de compatibilidad de lo que buscas en una pareja, hablaremos de los estilos de apego y exploraremos cómo el sexo juega un papel en todo esto.

Lunes: Octubre 17 | Octubre 24 | Octubre 31

11:30 am to 12:30 pm

SURVIVE AND THRIVE | FACILITATED BY KENNI AND DOROTHY

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.

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

TRAUMA BONDS | FACILITATED BY KIM AND KENNI

Recognizing how traumatic relationships impact our everyday lives

Fall Series 1. Tuesdays: October 4 | October 11 | October 18 | October 25

Fall Series 2. Tuesdays: November 15 | November 22 | November 29 | December 6

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: October 20 | October 27 | November 3 | November 10

PEACE THROUGHOUT THE HOLIDAYS | FACILITATED BY CASEY AND DOROTHY

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.

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, 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