

Virtual Only

SURVIVING AND THRIVING THROUGH THE HOLIDAYS | FACILITATED BY DOROTHY AND CASEY

The holidays are coming up and that can present special challenges as we start or continue our recovery from domestic violence. In this group we will explore these challenges, as well as coping skills and positive changes that can support joy and wellness through this season.

Mondays: November 4 | November 11 | November 18 at 5:30-6:30pm

GRIEVING THE ABUSER | FACILITATED BY KIMBERLY AND MARTHA

We will grieve what we loved. There was, and possibly still remains, love for the partner who turned into an abuser. Perhaps you had children together, and co-parenting with him is very different, very difficult, and stressful. Friends and family may not understand that you are grieving someone so hurtful. It is normal to grieve the person with whom you built dreams, created a family together, experienced adventures together. We need to grieve that which was once loved and no longer exists. How do we do that? Let's discuss.

Tuesdays: November 5 | November 12 | November 19 at 5:30-6:30pm

RECONOCER EL ABUSO DOMÉSTICO Y PEDIR 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.

Thursdays: November 7 | November 14 | November 21 at 12-1:30pm

Things to know.

1. Groups are virtual and are held on Microsoft Teams.
2. You must be registered to attend.
3. You will receive a link to the group 24 hours in advance.
4. Have your camera turned on during the group.
5. Please arrive a few minutes early in order to start on time.
6. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance and will be updated annually.
7. Support Groups are confidential.
8. Guests are not allowed.