

CASTING A VISION AND EXPLORING SELF THROUGH ART | FACILITATED BY CASEY

The beginning of the year is often a time to reflect, renew creativity, and plan for the year ahead. This is especially important for domestic violence survivors as creativity, fun, self-expression, and identity suffer when we are in survival mode. In this group we will create vision boards to visualize the life we are striving toward. (If you have done a vision board before, come again and notice what goals are the same and what has changed!) We will use other creative arts to explore our identity and our experience. Supplies will be provided, but feel free to bring your own additions. This group is for any survivor from DV.

Mondays: February 17| February 24 at 5:30-6:30pm In person

EXPLORING FAMILY DYNAMICS | FACILITATED BY KIMBERLY

When an abuser is present, family dynamics may be demanding, competitive, or abandoning. Each family member responds and adapts to survive and get their needs met. When the abuser or other family members leave, the dynamic in the family shifts. In this group, we will discuss family roles, such as the hero child, the mediator child, the mascot child, the lost child, and the scapegoat child. Each role has strengths and vulnerabilities, and those may change as the family changes. Do the roles change when co-parenting in separate homes? So much to unpack and room for lively discussions! Let's explore and enjoy supporting one another. See you there!

Tuesdays: March 4| March 11 at 5:30-6:30pm In person

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 where you may be stuck. We will explore and share different healthy coping skills that may help you as you chose to move forward.

Wednesdays: February 19| February 26| March 5 at 11:30am- 12:30pm In person

CUIDADO PERSONAL | FACILITADO POR MARTHA

El autocuidado es importante porque puede ayudar a manejar y recuperarse de problemas como el estrés, la ansiedad y la depresión. El cuidado personal aumenta el buen estado de ánimo, la energía y la concentración.

En tiempos inciertos como los que sentimos ahora el cuidado personal es muy necesario. Incluye actividades físicas, mentales, emocionales sociales y espirituales Durante el grupo, aprenderemos rutinas diarias que podemos implementar para mantenernos mas saludables y superar los problemas.

El grupo es un grupo abierto personalizado para sobrevivientes de violencia doméstica.

Los participantes pueden contribuir y compartir sus propias rutinas de autocuidado. Dejará cada grupo inspirado para un nuevo amanecer.

Thursdays: February 20 | February 27 | March 6 | March 13 at 12-1:30pm *Ese grupo es virtual*

Things to know.

1. You must be registered to attend.
2. 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 and will be updated annually.
4. Support Groups are confidential.
5. Guests are not allowed.

To register or for more information call **913-262-2868**
Para registrarse o mas informacion llame al **913-262-2868**