

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: April 22 | April 29 | May 6 at 5:30-6:30pm In person

THE WHOLE-BRAIN CHILD | FACILITATED BY DOROTHY

We will be using the curriculum from "The Whole-Brain Child" book by Dr. Siegel and Tina Payne Bryson to begin to understand different strategies of parenting with the brain in mind. You will gain tips on how to connect, engage, and attend to the needs of your child in a healthy way. We will learn different ways we could help our children integrate parts of self as well as self & other. We will gain understanding of the benefits of integration. More information/resources may be provided and shared during sessions.

You are encouraged to purchase the book if you would like to as this will be an added advantage as you process the material. You may also find the book available at any public library near you.

Wednesdays: April 23 | April 30 | May 7 | May 14 | May 21 at 11am- 12:30pm Virtual

SANANDO DE LA VIOLENCIA DOMESTICA | FACILITADO POR MARTHA

El abuso doméstico a menudo comienza con amenazas y abuso verbal después violencia física. Las lesiones físicas pueden ser el peligro más obvio, pero 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. El 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 y empezar a sanar. En este grupo aprenderá y practicará como manejar la ansiedad, depresión y mejorar su estima personal oh amor propio.

**Thursdays: Virtual- April 24 | May 8 | May 22 | a 12-1:30pm
En persona May 1 | May 15 a 12-1:30pm**

FINDING PEACE IN AN UNCERTAIN WORLD | FACILITATED BY CASEY

Life has many uncertainties. Both on a personal and global scale, it is easy to be overwhelmed by change that is happening. As survivors of domestic violence especially, it can be difficult to feel at peace and at ease after surviving stressful and dangerous experiences. In this group, we will look at practical strategies to manage and reduce anxiety. By using these tools, we will increase our sense of control and peace in our everyday lives.

Mondays: May 12 | May 19 at 5:30-6:30pm In person

FAMILY ART THERAPY | FACILITATED BY KIM AND CASEY

Moms: You are invited to join us for a joint art therapy activity with one of your kiddos age 8 and up. We will practice emotional expression and provide an opportunity for one-on-one connection. We will use our curiosity to create wall art pieces together. This will be interactive, creative, and fun! If you have other children, please sign them up for childcare during this time.

Tuesdays: May 13 | May 20 at 11am- 12:30pm In person

Meet the Author: *From Darkness to Light* by Mindy Taylor

Join us for a special event! Author Mindy Taylor will be discussing her book, *From Darkness to Light*. She will share her story of surviving abusive marriages, her path of healing, and other helpful information. A limited number of copies of the book will be available for those who attend.

Tuesday April 29 at 11am-12:30pm

Things to know.

1. You must be registered to attend.
2. Please note whether the group is virtual, in person, or a combination. For virtual groups, you will receive a link to the group 24 hours in advance. Please log in a few minutes early and have your camera on to attend.
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 and will be updated annually.
5. Support Groups are confidential.
6. Guests are not allowed. Please have all virtual sessions in a confidential space to protect the safety and information of all participants.

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

HEALING THROUGH ART AND MOVEMENT | FACILITATED BY CASEY

Throughout time, humans have used art and movement as a way of expression. In this group, we will continue this tradition using exploration, mindfulness, and creativity to process our experiences and emotions. This group will include trauma-informed yoga, movement, art, and music. Come in comfortable clothing that are not restrictive and that are suitable for doing artistic projects.

Mondays: June 23 | June 30 | July 7 at 5:30-6:30pm In person

SURVIVE AND THRIVE | FACILITATED BY KIMBERLY

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. We can process challenges and successes in this process, and gain support from one another.

Tuesdays: June 10 | June 17 at 5:30-6:30pm In person

THE WHOLE-BRAIN CHILD | FACILITATED BY DOROTHY

We will be using the curriculum from "The Whole-Brain Child" book by Dr. Siegel and Tina Payne Bryson to begin to understand different strategies of parenting with the brain in mind. You will gain tips on how to connect, engage, and attend to the needs of your child in a healthy way. We will learn different ways we could help our children integrate parts of self as well as self & other. We will gain understanding of the benefits of integration. More information/resources may be provided and shared during sessions.

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Wednesdays: June 11 | June 18 | June 25 | July 2 | July 9 at 11am- 12:30pm Virtual

SANANDO DE LA VIOLENCIA DOMESTICA | FACILITADO POR MARTHA

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Thursdays: Virtual- Junio 12 a las 12-1:30pm

En persona Junio 26 a las 12-1:30pm

FAMILY ART THERAPY | FACILITATED BY KIM AND CASEY

Moms: You are invited to join us for a joint art therapy activity with one of your kiddos age 8 and up. We will practice emotional expression and provide an opportunity for one-on-one connection. We will use our curiosity to create wall art pieces together. This will be interactive, creative, and fun! If you have other children, please sign them up for childcare during this time.

Tuesdays: June 24 | July 1 | July 8 at 11am- 12:30pm In person

Meet the Author: From Darkness to Light By Mindy Taylor

Join us for a special event! Author Mindy Taylor will be discussing her book, *From Darkness to Light*. She will share her story of surviving abusive marriages, her path of healing, and other helpful insights. A limited number of copies of the book will be available for those who attend.

Tuesday June 17 at 11am-12:30pm

Things to know.

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