Support Groups

Fall 2026

Rebuilding: Self- Compassion

Facilitated by Mary & Darcy - Tuesday at 12:00 – 1:00 pm; Oct 20 - Nov 17

Be kind to yourself. You've been through enough. After surviving domestic abuse, the hardest relationship to rebuild is often the one with yourself. This support group focuses on Self-Compassion after Domestic Violence, offering a safe, judgment-free space to heal from the trauma of the past. Together, we will focus on gently working through feelings of guilt and self-blame, transforming that heavy inner critic into a voice of kindness and self-care alongside people who truly understand.

Improving Relationship Skills

Facilitated by M.K. - Tuesday at 5:30-6:30 pm; Oct 13 - Nov 17

Are you wondering how to improve relationships with others? Learning interpersonal effectiveness, one of the 4 modules of Dialectical Behavior Therapy, can offer skills for assertive communication and building healthier relationships. These skills can help you understand how to communicate confidently and set better boundaries with others in your life. In this group, we will explore and practice different skills centered around interpersonal effectiveness that may help you improve communication and/or navigate boundary challenges with anyone.

Addictions and DV

Facilitated by Kimberly C. - Wednesday 5:30-6:30 pm; Oct 21 - Nov 18

We may hope that if an abusive partner remains sober long enough, the change will last and lead to nonviolent communication. Compassion can remind us how difficult addiction is and make second chances feel appropriate. We may believe lessons have been learned and that the family can reunite. Whether this is a current concern or a past experience, please join us for a supportive group discussion where participants can help one another through their individual journeys.

Things to know

1. You must be registered to attend. Guests are not allowed.
2. If you require childcare, please let our Hot Line know when you register.
3. This group is in person. Please come a little early so we can begin promptly at 5:30.
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.

To register or for more information call our hotline at 913-262-2868