

PARENTING: THE WHOLE BRAIN CHILD | FACILITATED BY DOROTHY N

The group is intended to help parents move from reactive frustration to calm, empathic responses. This strengthens attachment and reduces stress by understanding how the developing child's brain works. We will be using curriculum "The Whole Brain Child" to learn different ways we could help our children integrate memory for growth & healing, integrate parts of self, and integrate identity with interconnectedness. We will also gain understanding of benefits of integration on the child's wellness, behavior, and relationships.

Other Information may be provided from other resources as needed during sessions. This group will run for six sessions. Though NOT required, you are encouraged to buy the book or borrow it from any public library.

Wednesdays: April 15| April 22| April 29| May 6| May 13| May 20 at 11:30-1pm Virtual

SURVIVE AND THRIVE | FACILITATED BY KIM C

This group is open to any adult survivor of DV. This is a chance to support one another wherever we are in the healing process. We will be offering encouragement and reflect on our experiences. We will provide space for processing DV recovery topics such as grief, identity, self-confidence, boundaries, rebuilding, tackling the holidays, and more. There will also be opportunities to share what has been helpful to you in your recovery to celebrate progress and help others.

Wednesdays: April 29| May 6| May 13| May 20 | May 27 at 5:30-6:30pm Virtual

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 have your camera on to attend.
3. Please arrive or log in a few minutes early for group to start on time.
4. An intake packet including a Release of Information and Confidentiality Agreement must be completed 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.