



## Intimate Partner Violence Drop-In

### Group for Women

Tuesday evenings.....6:00-7:30pm

Childcare provided

Thursday afternoons.....1:15-2:45pm



This is a support group that provides women who are experiencing or have experienced IPV, a safe collective strength by providing an opportunity to share their own feelings, reactions, thoughts, and coping skills with others.

(Guidelines for DV support group facilitators 2013)



**Impact of Domestic Violence on Children** (September 4, 6)

**Shame and Guilt** (September 11, 13)

**Core Beliefs and Self-Esteem** (September 18, 20)

**Self-Discovery** (September 25, 27)

**Grief** (October 2, 4)

**Anger and Conflict** (October 9, 11)

**Domestic Violence Explored** (October 16, 18)

**Gender Socialization** (October 23, 25)

**Red Flags in Intimate Partner Violence** (October 30, November 1)

**Boundaries in Relationships** (November 6, 8)

**Healthy and Unhealthy Relationships** (November 13, 15)

**Mental Health and Coping Skills** (November 20, 22)

**Trauma and the Brain** (November 27, 29)

**Traumatic Bonding** (December 4, 6)