



Intimate Partner Violence (IPV) Drop-In

Group for Women

❄️ **Office Closed** (December 24, 2018 - January 1, 2019) ❄️

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)

Core Beliefs and Self-Esteem (December 11, 13, 2018)

Self-Care: Preparing for the Holidays (December 18, 20, 2018)

Self-Discovery (January 3, 2019)

Grief (January 8, 10, 2019)

Anger and Conflict (January 15, 17, 2019)

Domestic Violence Explored (January 22, 24, 2019)

Gender Socialization (January 29, 31, 2019)

Red Flags in Intimate Partner Violence (February 5, 7, 2019)

Boundaries in Relationships (February 12, 14, 2019)

Healthy and Unhealthy Relationships (February 19, 21, 2019)

Mental Health and Coping Skills (February 26, 28, 2019)

Trauma and the Brain (March 5, 7, 2019)

Traumatic Bonding (March 12, 14, 2019)

Impact of Domestic Violence on Children (March 19, 21, 2019)

Shame and Guilt (March 26, 28, 2019)