



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)

Shame and Guilt (March 26, 28)

Core Beliefs and Self-Esteem (April 2, 4)

Self-Care: Preparing for the Holidays (April 9, 11)

Self-Discovery (April 16, 18)

Grief (April 23, 25)

Anger and Conflict (April 30, May 2)

Domestic Violence Explored (May 7, 9)

Gender Socialization (May 14, 16)

Red Flags in Intimate Partner Violence (May 21, 23)

Boundaries in Relationships (May 28, 30)

Healthy and Unhealthy Relationships (June 4, 6)

Mental Health and Coping Skills (June 11, 13)

Trauma and the Brain (June 18, 20)

Traumatic Bonding (June 25, 27)

Impact of Domestic Violence on Children (July 2, 4)