



Intimate Partner Violence Drop-In

Group for Women

❄️ **Office Closed** (December 24 at noon -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)

Domestic Violence Explored (December 10, 12)

Self-Care: Preparing for the Holidays (December 17, 19)

Gender Socialization (January 2)

Red Flags in Intimate Partner Violence (January 7, 9)

Boundaries in Relationships (January 14, 16)

Healthy and Unhealthy Relationships (January 21, 23)

Mental Health and Coping Skills (January 28, 30)

Trauma and the Brain (February 4, 6)

Traumatic Bonding (February 11, 13)

Impact of Domestic Violence on Children (February 18, 20)

Shame and Guilt (February 25, 27)

Core Beliefs and Self-Esteem (March 3, 5)

Self-Discovery (March 10, 12)

Grief (March 17, 19)

Anger and Conflict (March 24, 26)

Intimate Partner Violence and Technology (March 31, April 2)