

ywca

*eliminating racism
empowering women*

WOMEN'S SUPPORT GROUP

*For women that are involved in, recovering from, or close to someone in an
unhealthy relationship*

HOPE • HUMOR • HEALTH

- Stop the cycle of abuse
- Explore power and control
- Learn how to be safe
- Build self-esteem
- Define healthy boundaries
- Acquire positive coping skills
- Manage stress & anger

See schedule on back

Thursday 6:30 - 8:00 PM
at the YWCA

Children's Group includes art & activities for grades 1-8
Childcare for children kindergarten & under

NO FEE - OPEN GROUP

300 Main St. • Lewiston • 746.9655 or 800.669.3176
ywcaidaho@lewiston.com • www.ywcaidaho.org

ywca Women's Support Groups

Thursdays, 6:30 - 8:00 PM at YWCA
(YWCA doors open at 6:15 and are locked at 6:45)

Topics

- Oct. 6 What is abuse?
 • *Seven areas of abuse and their effect on victims*
- Oct. 13 How do I put my needs first?
 • *Taking care of emotional needs*
 • *Developing and enhancing coping skills*
- Oct. 20 Why don't my wants and needs matter in this relationship?
 • *Power & Control: who has it & how to get it back*
- Oct. 27 Does all abuse leave a bruise?
 • *How emotional abuse destroys lives*
- Nov. 3 How does abuse affect the family?
 • *Family dynamics of an abusive household*
 • *Effects of abuse on children*
- Nov. 10 Will I ever get through this?
 • *Coping with the grief and loss of unrealistic dreams*
 • *Dealing with the loss of support and family*
- Nov. 17 Is it okay to be angry?
 • *How to deal with uncomfortable emotions*
 • *Skills to develop healthy emotions*
- Nov. 24 No Group**
- Dec. 1 What is positive communication?
 • *Become assertive*
 • *Develop positive self-talk*
- Dec. 8 How do I recognize the red flags?
 • *How to develop non-abusive relationships*
- Dec. 15 Where do I go from here:
 • *Setting a course of action and change*

you are welcome to attend one or all of the sessions

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Next session begins December 29

Lewiston, ID-Clarkston, WA

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This publication is supported in part by Victims of Crime Act Subgrant #KC192500, awarded by the Idaho Council on Domestic Violence and Victim Assistance, under a grant from the U.S. Dept. of Justice Office for Victims of Crime/Family Violence Prevention and Services Act/State Domestic Violence Project Account. The opinions, findings, conclusions or recommendations expressed in this training program do not necessarily reflect the views of the grantor agencies.