

Please know you are free to choose if you want to share and how much you share in group. No one will ever be forced to speak.

Domestic Abuse:

In this group we learn the definition of abuse, the purpose of abuse, the types of abuse, signs & the cycle of abuse.

Healthy Relationships:

In this group we will focus on what healthy relationships look like, red flags of unhealthy/ abusive relationships, and will paint a picture of what we are looking for in a new relationship down the road.

Effects on Children:

In this group we will look at the ways that children are affected when they grow up in a house where there is domestic abuse, we will look at tips and suggestions for talking to our kids about the abuse, and ways to build resiliency.

Effects of Abuse & Coping Skills:

In this group we will look at the ways that being in an abusive relationship has impacted our lives, coping skills that we might use, the effects on us as moms, self-care and grounding tips.

Self Esteem:

In this group we will talk about what self-esteem is and how it is affected by being in unhealthy/abusive relationships, how to argue with negative self-talk and will focus on our positive qualities.

Boundaries:

This group focuses on the importance of setting and maintaining strong boundaries with others, learning ways to say no, and discovering areas that we may need to work on.

Gratitude:

This is a light hearted group where we will focus on the power of gratitude. In this group we will watch an uplifting video and create our own gratitude wheel.

Miracle Question:

In this group we will be discovering what our ideal life would look like through guided questions.

Vision Boards:

In this group, the focus is on creating our ideal life through words and pictures.

Affirmation Posters:

The focus of this group is to notice and celebrate each other's positive qualities while creating a poster.