



FRIENDS, INC.

SUPPORT GROUP

FRIENDS, Inc.'s Support Group meets twice a month and is intended for survivors of Intimate Partner Violence. This is a safe environment for survivors of Domestic and/or Sexual Violence to learn more about the impacts of the violence they have experienced.

To learn more, please contact our hotline at **262-334-7298**

Pre-registration is required

Childcare may be available upon request

GROUP TOPICS

February: Relationship Values - Where Did They Come From?

March: Pt 1. Trauma Bonds -What Are They?

March: Pt 2. Trauma Bonds - How They Effect Relationships

April: Pt 1. Boundaries - Movements Forward & Steps Back

April: Pt 2. Boundaries - Lets Practice How!

May: Pt 1. Self Esteem - Changing Your Inner Voice

May: Pt 2. Self Esteem - Rebuilding By Letting Go of Guilt & Shame

