



Heal & Reclaim

A 10-session series that fosters community for those pursuing freedom, prioritizing self, and strengthening relationships.



WHAT:

In this series, we will support victims/survivors of domestic violence as they move forward in their journey of healing from the trauma they experienced. We will provide skills that will foster a sense of self-worth, self-love, and ultimately work towards healing from the injustices and violence that they have experienced. We would also like to support participants in being able to recognize, build, and maintain healthy relationships. This group functions similarly to a support group as well as an educational group. In group we will discuss many topics, including but not limited to:

- Setting Boundaries
- Impacts of Trauma
- Self-Care
- Healthy Relationships
- Power & Control

WHEN: January - March

Tuesday mornings from 11:00 am-12:30 pm
Wednesday mornings from 11:00 am-12:30 pm
Wednesday evenings from 5:00-6:30 pm or
Thursday evenings from 5:00-6:30 pm

HOW:

For registration or more information, please contact Nicole at nblidy@verahouse.org or call (315) 425-0818.