

Understanding Me

Evening Group | Tuesdays 6:30pm-8:30pm | July 2— September 3

Provides education & support for women who have experienced emotional or physical abuse within their intimate relationships. Open group: clients can join at any time. *No fee.*

Managing Stress for Managing Moods

Thursdays 6:30pm—8:30pm | July 4 — August 22

Helps participants learn methods to cope more effectively with chronic stress and feelings of depression, anxiety and negative moods, identify & change chronically negative thoughts and beliefs to improve self-esteem, self-care and quality of life. Cost: \$25 per session, sliding scale available. Open group.

Moving Towards Healthy Relationships

Thursdays 6:00pm—8:00pm | July 11—Sept 12

A group for women who have experienced emotional or physical abuse, focusing on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships. Closed group, assessment required and completion of “Understanding Me” is a prerequisite. *No fee.*