

# womenspace

## END THE SILENCE

### **SURVIVOR SUPPORT GROUPS**

#### **Intimate Partner Violence Education and Support Groups**

**Monday, 5:30 to 7:30 PM and  
Tuesday, Noon to 2:00 PM**

This process group offers survivors of Intimate Partner Violence (IPV) on-going support and education in a safe non-judgmental setting. An evolving curriculum provides clients with an understanding of the dynamics of IPV, safety planning, relationship red flags, healthy relationships, PTSD, self-care and self-empowerment.

#### **Intimate Partner Violence Education Class**

**Wednesday, 5:00 to 7:00 PM**

This is a series of seven weekly sessions that provides participants with education on the dynamics of Intimate Partner Violence (IPV), safety and risk factors, and characteristics of an abuser. The series is an open, on-going group, repeating every seven weeks.

**Participants that would like to attend any of these groups are highly recommended to arrive 15-20 minutes early to complete initial paperwork. No one needs to make reservations or appointments; however seating is on a first come first serve basis.**

**Tuesday, Noon to 2:00 PM**

#### **Grupo De Apoyo (en español)**

Este grupo se ofrece a sobrevivientes de violencia doméstica. El grupo incorpora la educación de la violencia doméstica con consejería entre compañeras y le provee a las sobrevivientes que hablan español un espacio cultural y seguro para que encuentren empoderamiento y sanación. Para obtener más información, póngase en contacto con Womenspace en 541-485-8232. No es necesario reservar un espacio, pero es importante que se comunique con una de las facilitadoras en su primer día.

**This group is offered to Spanish-speaking survivors of Intimate Partner Violence. The group incorporates domestic violence education with peer counseling and provides Spanish-speaking survivors with a culturally and linguistically safe space to seek healing and empowerment.**

**For more information, please contact Womenspace at 541-485-8232.**