

Freedom to be You

Women's Educational Support Group

When: Every Saturday

Where: PLPT Victim Services Program

Time: 1:00—2:00PM

Call 775-575-9444 for more information or to RSVP

Transportation available (must call in advance)

Child care is available on site during group session (must call)

Week 1: How the impact of non-Indian culture affected our Native ways and traditions

Week 2: My spirit was broken, why did he treat me like that?

Week 3: Paying attention to our intuition

Week 4: What was he thinking?

Week 5: Wolf in sheep's clothing

Week 6: Open discussion

Week 7: Non-traditional abuse; I respect my body

Week 8: Children see everything

Week 9: Regaining strength and moving forward; how not to fall back into the trap of a toxic relationship

Week 10: Positive support and becoming self sufficient

Week 11: Emotional growth

Week 12: Moving forward and thriving

GROUPS REPEAT

