

Women's Empowerment Group (RICHMOND)

WHO: For any Woman who is a Survivor of Domestic Violence.

WHEN: Thursdays, 5:30pm-6:30pm , Beginning on **February 7, 2013**. The group runs for 8 weeks.

WHERE: At the YWCA of Richmond Downtown Office, 6 N. 5th St. Richmond, VA 23219

COST: Free!

Topics Covered

- Defining Domestic Violence
- Cycle of Abuse
- Red flags to unhealthy relationships
- Building healthy relationships
- Establishing Healthy Boundaries
- Establishing Healthy Coping Skills
- Exploring Emotions
- Exploring self esteem in your life

Women's Process Group (CHESTERFIELD)

WHO: For any Woman who is a Survivor of Domestic Violence.

WHEN: Mondays, 5:30pm– 6:30pm, Beginning on **February 4, 2013**. The group is ongoing.

WHERE: Located in the Chesterfield Mental Health Office, the Rogers Building at 6801 Lucy Corr Blvd, Chesterfield, VA 23832.

COST: Free!

Topics Covered

- This group is designed to follow the YWCA of Richmond Psycho-education Group.
- It is designed to provide a safe space for woman to explore their thoughts and feelings about domestic violence
- This group offers a safe space and support from other survivors

HOW TO SIGN UP: If you would to participate, please contact the YWCA Hotline at 804-643-0888 or your YWCA counselor for more information.

An intake is required for you to participate.



6 North 5th Street
Richmond, VA 23219
(804) 980-7298

Counseling Services

Counseling

The YWCA offers comprehensive counseling to victims of domestic abuse, sexual violence, and their families. The Following groups are available and are offered at no cost to the participant.

Childhood Survivor's Empowerment Group (CHESTERFIELD)

WHO: For any Woman who is an Adult Survivor of Childhood Sexual Violence.

WHEN: Thursdays, 5:30pm-6:45pm, Beginning on **February 7, 2013**. The group runs for 8 weeks.

WHERE: Located in the Chesterfield Mental Health Office, the Rogers Building at 6801 Lucy Corr Blvd, Chesterfield, VA 23832.

COST: Free!

Topics Covered

- Healing Process/Dealing w/Barriers
- Exploring Relationships and Boundaries
- Trauma/Grief Issues
- Dealing with Anger
- Re-building Trust
- Establishing Healthy Coping Skills
- Resolution and Moving Forward
- Exploring self esteem in your life



Survivor's Empowerment Group (RICHMOND)

WHO: For any Woman who is a Survivor of Sexual Violence.

WHEN: Mondays, 5:30pm-6:30pm, Beginning on **February 4, 2013**. The group runs for 8 weeks.

WHERE: At the YWCA of Richmond Downtown office, 6 N. 5th St. Richmond, VA 23219

COST: Free!

Topics Covered

- Common Responses/Stages of Healing
- Dealing with Barriers in Healing Process
- Trauma/Grief Issues
- Dealing with Anger
- Re-building Trust
- Establishing Healthy Coping Skills
- Exploring Emotions
- Exploring self esteem in your life

Women's Empowerment Group (CHESTERFIELD)

WHO: For any Woman who is a Survivor of Domestic Violence.

WHEN: Mondays, 6:30pm-7:45pm,

Beginning on **February 4, 2013**. The group runs for 8 weeks.

WHERE: Located in the Chesterfield Mental Health Office, the Rogers Building at 6801

Lucy Corr Blvd, Chesterfield, VA 23832.

COST: Free!

Topics Covered

- Defining Domestic Violence
- Cycle of Abuse
- Red flags to unhealthy relationships
- Building healthy relationships
- Establishing Healthy Boundaries
- Establishing Healthy Coping Skills
- Exploring Emotions
- Exploring self esteem in your life