

HEALTHY RELATIONSHIPS MATTER.

Domestic Violence Services Support Groups

Parenting when there has been Intimate Partner Abuse

8 weeks (8-person max.)

This group is designed to explain the differences between co-parenting and parallel parenting and help participants work towards the style of parenting that is safest for them and their children. Other topics of discussion include: setting boundaries, navigating systems, and relevant resource sharing.

(New participants for each 8-week cycle)

Healthy Relationships Support Group

10 weeks (join anytime)

This is a peer support group for survivors of domestic violence who have left the relationship and looking for on-going support. Topics included are red flags, boundaries, personal growth, self-esteem, empowerment, and healing. Participants can suggest topics of discussion as well.

Moving Forward Support Group

8 weeks (8-person max.)

Moving on after any breakup is challenging but can be extremely difficult and unsafe when the relationship was abusive. This group will provide a safe space to share healthy ways to grieve the loss of what you thought a relationship would be, skills to work on trust in self and others and more.

(New participants for each 8-week cycle)

Registration Information

Groups are offered in 8 week cycles. All groups are currently offered via Zoom. Registrants will receive a link once enrolled.

For more information or to sign up for one of the groups, email Danielle at ddrew@ywcacm.org. Survivors may also call our 24/7 Helpline at 508-755-9030 to be connected to a group.