



Still I Rise

24-Week Domestic Abuse Curriculum

Empowering survivors. Restoring families. Building brighter futures.



About the Program

Our **Still I Rise** 24-week curriculum is designed to support individuals and families affected by domestic abuse. Through compassionate guidance, education, and community support, we help survivors heal from trauma and build healthier, safer lives.

Our instructors' address:

- Physical, sexual, emotional, and psychological abuse
- Breaking generational cycles of violence
- Myths, Perceptions, and the Cycle of Abuse
- Coercive Control, Trauma Bonding, and Healing
- Trauma and Parenting
- Healing and Building a New Life



What We Provide

- Weekly Sessions: In-depth classes with certified instructors
- Virtual Support Groups for ongoing care
- Trauma-Informed Care: Tools for resilience, recovery, and healthy relationships
- Family-Focused Healing: Guidance for mothers and children to recover together



Get Connected Today

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