



## **SURVIVOR SUPPORT GROUPS**

**ALL GROUPS ARE OPEN.** 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 and child care is on a first come first serve basis.**

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

**Mondays: 5:30-7:30pm, Tuesdays: 12-2pm or Wednesdays: 5:30-7:30pm**

This is a series of seven weekly sessions and is an open, on-going group, repeating every seven weeks. 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. There is an optional eighth session where various community partners are brought in to discuss their programs.

### **Grupo De Apoyo (en español)**

**Tuesdays: 12-2pm**

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.

### **Intimate Partner Violence Support Group for Self-Identified Male Survivors**

**Fridays: 2-4pm**

This is a series of seven weekly sessions that provides participants with education on the dynamics of Intimate Partner Violence (IPV), safety planning, characteristics of an abuser, effects of IPV on children, healthy relationship dynamics and more. The series is an open, on-going group, repeating every seven weeks. \*No child care available at this point in time.

### **Parenting in Crisis Class**

**Tuesdays: 5-7pm**

This is a series of seven weekly sessions centered on parent-child activities in a learning group setting. This series aims to educate parents on the effects of Intimate Partner Violence on children, how to talk to children about violence in the home, how to safety plan; develop tools for parenting in the wake of trauma and more. There is an optional eighth session where various community partners are brought in to discuss their programs.

*Located at 1577 Pearl Street Suite 200, Eugene, OR 97401*