



K.I.T.E Group

Knowledge. Inspiration. Togetherness. Empowerment.

EVERY TUESDAY

5:30PM - 7:00PM



Support for survivors of Domestic and Sexual Violence

Topics:

- Power & Control and Consent
- Safety Planning and Community Resources
- Coping Skills and Self-care
- Common Reactions to Trauma
- Warning Signs for Abuse and Stalking
- Grief and Loss
- Shame and Guilt
- Self-esteem & Self-compassion
- Boundaries
- Assertiveness
- Healthy Relationships
- Wellness
- Living our Values
- Foundations of CBT
- Goal setting and Decision making
- Creative Expression

**To participate in group, please call the 24/7 Helpline at 866-685-1122.
You can join virtually or in-person.**