



DV Support Group 2018
Annex building on Albion campus
5:30p-6:45p

Q1-

January 8, 22, 29: Defining and Understanding Abuse

February 5, 12, 19, 26: Setting Goals

March 5, 12, 19, 26: Self-Care

Q2-

April 2, 9, 16, 23, 30: Self-Blame

May 7, 14, 21: Setting Boundaries

June 4, 11, 18, 25: When Family & Friends Don't Understand Abuse

Q3-

July 2, 9, 16, 23, 30: Triggers

August 6, 13, 20, 27: Stress Management

September 10, 17, 24: Self-Consideration & Self-Worth

Q4-

October 1, 8, 15, 22, 29: Grief & Loss

November 5, 12, 19, 26: New Relationships & Trust

December 3, 10, 17: Resolution & Moving Forward

Group Structure:

5:30-6p – Updates and Sharing (split time amongst anyone who wants to share)

6-6:10 – Break

6:10p-6:40 – Activity & Discussion of Topic

6:40-6:45p – Closing and Self-care Goals