



## Wednesday Workshops

A Group for Survivors of  
Interpersonal Violence

Meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
of the month from 6:00-7:30pm

Come join other survivors of domestic violence and sexual assault and abuse to learn, share and grow beyond abuse. Each session will feature instruction on a healing topic and include time to share and process with other group members. Attend one or all of these bi-monthly meetings.

**May 24:** Trauma 101 - Changing the Survivor's Lens

**June 14:** Inner Voice: Unlearning Self-Defeating Beliefs

**June 28:** Healthy Communication and the Necessity of Assertiveness

**July 12:** Harmful Gender Roles: How to Be Your Authentic Self

Registration highly encouraged, to attend please contact Sarah at 262-547-4600.

### Sign Up Today

There is no cost for this group and childcare may be available by appointment.

### Location:

The Women's Center  
505 N East Avenue  
Waukesha, WI 53186  
Business: 262-547-4600  
Hotline: 262-542-3828

