



## 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.

**Nov. 22:** Grounding, Coping, and Self-Care

**Dec. 13:** Relationships After Abuse: *How to Spot Red Flags*

**Dec. 27:** Survival Values vs. Healing Values

**Jan. 10:** Toxic Relationships

Please call prior to attending. 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  
[www.twcwaukesha.org](http://www.twcwaukesha.org)



These services have been provided, totally or in part, through funding from the Waukesha County Health and Human Services.

