

WEDNESDAY WORKSHOP

A Group for Survivors of
Interpersonal Violence



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



**Meets the 2nd and 4th
Wednesday of the month
from 6:00-7:15pm**

Join advocates and survivors of domestic and sexual violence to learn, share, and grow in order to move beyond trauma. 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.

- **2/8- Fear of Missing Out: Why It Happens to Survivors & How to Cope**
- **2/22- What Is Disenfranchised Grief?**
- **3/8- Breaking the Trauma Bond**
- **3/22- Don't Conceal, Feel! Unpacking & Processing Intellectualized Feelings**

Please consult with your attorney or a court official to confirm that this program will satisfy court orders.

Register:

Call 262.542.3828
and ask for the Domestic
Violence Advocacy Specialist.
There is no cost for this group
and free childcare is available by
appointment.

Location:

The Women's Center
505 N. East Avenue
Waukesha, WI 53186
24-Hour Hotline: 262.542.3828
www.twcwaukesha.org

Podcast:

Unable to attend Workshop in-person, or would like to access our topics virtually? Scan the QR code below for our podcast series!



*The Women's Center reserves the right to cancel any workshop or support group. All possible effort will be made to notify registered attendees of a cancellation or change at least 24 hours in advance of the scheduled start time.