

WEDNESDAY WORKSHOP

A Group for Survivors of
Interpersonal Violence

**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.

- 6/12** Transforming Self Worth and Motivation
- 6/26** Addressing the Should've, Could've, Would've
- 7/10** Understanding the Emotions of Healing
- 7/24** Grounding Through the Change Triangle

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

*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.



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



Register:

Please call our 24-Hour Hotline at 262.542.3828 and ask for Mo or Aspen.

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!

