

TALK BACK



Ever felt like you needed to be heard and didn't feel you could speak out, or given the opportunity to speak out?

NOW IS YOUR CHANCE!

A Six Week program for women, 19 years old and up, which covers a variety of topics including:

- ◆ **Group Session one : Stressors**
Identifying your stressors, managing life's stressors, the good and the bad of stress and coping strategies
- ◆ **Group Session Two : Strengthening**
Discovering your strengths, unlocking the secrets to self awareness; managing a person with strong strengths; dealing with difficult people, the stages of anger
- ◆ **Group Session Three : Co-dependency and Addictive Behaviors**
A Sheep in Wolves Clothing, Co-dependency what is this? Co-dependency Characteristics, Setting Goals – getting on track to a healthier self.
- ◆ **Group Session Four: Healthy Relationships**
Disassociation: Life through a Lens; Cycle of Violence; Survey for identifying strengths and how to get them to work for you, Would you marry yourself? Drama Triangle – are you caught up in it?

Presented by Community Based Victim Services, JC/CMHA

**For more information and/or registration
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