

Healthy Relationships, Healthy Kids

A 14-Week Course for Women Affected by Domestic Violence

This program employs a supportive, safe and welcoming approach to learning. Participants are encouraged to process their emotions as they are guided through a curriculum that fosters an understanding of domestic violence and the effects of abuse on survivors and their children.

WHEN:

Evening and late morning groups available.

WHERE:

Virtual groups via Zoom.

(Technology supports may be available for those unable to access virtual groups)

HOW TO REGISTER:

Call JFCS at (562) 427-7916 to complete an over-the-phone intake.

COST:

Free of charge.

FACILITATED BY:

A team of graduate, post-graduate, and licensed mental health professionals.

Register by calling (562) 427-7916.

Questions can be directed to
Lisa Honsberger, LCSW, PPSC
Director of Community-Based Services
at Ext. 230.

This 14-week program is designed to support survivors of domestic violence by promoting healing and self-awareness. Survivors learn how to recognize and end abuse in their intimate relationships. **This course is DCFS-approved and meets court requirements.** Through education and mutual support, some of the topics discussed include:

- Identifying red flags that signal potentially abusive relationships
- Assessing current and past relationships
- Mapping out family histories to gain a better understanding of the legacy of abuse
- Understanding basic rights in an intimate relationship
- Learning the power of affirmations to increase self-esteem
- The basic components of child trauma and the effects of domestic violence on a child's developing brain
- How domestic violence disrupts the natural attachment process between child and caregiver
- Relaxation techniques and anger management skills
- How to communicate effectively using "I" statements
- Effective techniques to communicate with and discipline children

Participants will receive a certificate when they have completed all 14 sessions.