

# You are Invited to Attend

Group	Time	Meeting Place
<b>Monday Women's Support Group</b>	Mondays 6:00 – 7:30pm	Zoom Please contact a Staff member to join the wait list
<b>Tuesday Women's Support Group</b>	Tuesdays 5:00 – 6:30pm	Zoom Please contact a Staff member to join the wait list
<b>Gender Inclusive Support Group</b>	Mondays 1:00 – 2:30pm	Zoom Meeting ID: 847 3289 2416 Passcode: 971519
<b>Employment Support Group</b>	Wednesdays 11:00am – 12:00pm	Zoom Meeting ID: 882 0602 0947 Passcode: 538588
<b>My Money My Choice</b>	Mondays 3:00 – 4:00pm	Zoom Meeting ID: 882 0602 0947 Passcode: 538588
<b>Fostering Healthy Relationships</b>	Tuesdays 2:00 – 3:00pm	Zoom Meeting ID: 827 1243 6887 Passcode: 973130
<b>Mindfulness Corner</b>	Fridays 10:00am–10:30am	Zoom and In Person Meeting ID: 857 5973 8627 Passcode: 518069

## ***Women's Support Groups and Gender Inclusive Support Group***

Peer support groups offer help through connecting those that have experienced intimate partner violence to ensure a supporting atmosphere for healing and growth.

## ***Employment Support group***

As an employment support group we focus on each aspect of employment, starting from finding a job, making the resume and cover letter, and interviewing for that job. Once employed this group is also in support of making that employment a success. The group is offered in partnership with Vermont Works for Women.

## ***My Money My Choice group***

A financial literacy group which aims to foster financial independence and increase skills around managing one's money, budgeting, establishing or increasing savings, and creating financial goals. Financial abuse is present in 99% of all intimate partner violent relationships.

## ***Fostering Healthy Relationships***

This groups is designed to provide those who have experienced IPV with a model of healthy relationships and supply a group discussion and comprehension of what makes up a healthy relationship.

## ***Mindfulness Corner***

Breathing exercises and other forms of mindfulness has been established as an essential tool in healing from complex trauma. Through the experience of intimate partner violence, the body becomes disconnected and emotions tend to take control of the rest of the body.

**Mark Perry** (he/him)

Groups Facilitator

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**STEPS**

**TO END  
DOMESTIC  
VIOLENCE**