

You are Invited to Attend

Group	Time	Meeting Place
Monday Women's Support Group	Mondays 6:00 – 7:30pm	Zoom Please contact a Staff member to join the wait list
Tuesday Women's Support Group	Tuesdays 5:00 – 6:30pm	Zoom Please contact a Staff member to join the wait list
Gender Inclusive Support Group	Mondays 1:00 – 2:30pm	Zoom Meeting ID: 847 3289 2416 Passcode: 971519
Employment Support Group	Wednesdays 11:00am – 12:00pm	Zoom and In Person Meeting ID: 882 0602 0947 Passcode: 538588
Financial Support Group	Mondays 3:00 – 4:00pm	Zoom and In-Person Meeting ID: 882 0602 0947 Passcode: 538588
Trauma Skills Group: Tree of Life	Tuesdays 2:00 – 3:00pm	In-Person and Zoom Meeting ID: 827 1243 6887 Passcode: 973130
Mindfulness Corner	Fridays 10:00–10:30am	In-Person and Zoom Meeting ID: 825 3907 5635 Passcode: 920321

Women's Support Groups and Gender Inclusive Support Group (Via Zoom)

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 (Via Zoom and In Person)

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.

Financial Support Group (Via Zoom and In Person)

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.

Trauma Skills Group:

A rotation of skills based groups to help develop coping tools, mindfulness training, and other value driven skills to help heal from intimate partner violence. Starting June 14 the Tree of Life group will begin.

Tree of Life (In Person)

Discover your Tree of Life and how your tree has grown strategies, skills and methods to facilitate healing and recovery

Mindfulness Corner

This group is to assist with trauma skills and provides a time to practice mindfulness, to be incorporated into your own life.

Mark Perry (he/him)

Groups Facilitator

802-658-3131 x1056

HOTLINE: 802-658-1996

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STEPS

**TO END
DOMESTIC
VIOLENCE**