

## ALL PROGRAM SERVICES ARE FREE AND CONFIDENTIAL

**Crisis intervention:** Drop-in (no-appointment necessary), safety planning and personalized referrals

**Workshops:** Personal empowerment workshops on a variety of topics

**Support Groups:** Offered throughout the year at multiple locations

**Court Advocacy:** Information, referrals, and court accompaniment

**How to Help and community education classes:** For friends, family and community

## 2018 Community Education and Workshops

### Domestic Violence 101

An introductory class for women covering the nature and dynamics of domestic abuse, safety planning strategies and community resources. This class is a great option for individuals needing to complete a class on domestic abuse or want to learn more about the topic.

**Pre-registration is required. Class times are 10am—12pm**

**St. Louis:** Jan 11, Mar 8, May 10, July 12, Sep 13, Nov 8

**St. Charles:** Feb 6, Apr 3, June 5, Aug 7, Oct 9, Dec 4

### Domestic Violence 201

A new and free half-day domestic violence training for community professionals. DV 201 focuses on assessing for danger and lethality as well as constructing a well-rounded safety plan for those experiencing domestic violence.

*We recommend that individuals have a basic knowledge of the dynamics of domestic violence before participating in this training.*

### Domestic Violence Support Group (8 weeks)

Come together with other survivors to support one another while exploring topics such as shame, anger, boundaries, healthy relationships, and more. An in-person, one-on-one meeting with an advocate is required before joining a group.

**St. Louis:** January 23-March 13 (Tuesdays, 6-8pm) & July 23-September 17 (Mondays, 6-8pm)

**St. Charles:** March 19-May 7 (Mondays, 6-8pm) & September 24-November 19 (Mondays, 6-8pm)

### How to Help – A Workshop for Friends & Family

A 3-hour session packed with information and support for friends and family members of domestic violence survivors. Learn to support effectively, encourage safe choices and identify “red-flags.”

Call either location to schedule a session.

## Additional Workshop Topics:

Healthy Relationships • Grief & Loss • Positive Parenting • Building Boundaries • Surviving Stress • Communication

**Call to schedule community education and workshops on or off-site with one of our trained advocates today.**