

# Freedom to be You

## Women's Educational Support Group

**When: Every Saturday (starting August 23, 2014)**

**Where: PLPT Victim Services Program**

**Time: 1:00—2:00PM**

**Call 775-575-9444 for more information or to RSVP**

**Transportation available (must call in advance)**

**Child care is available on site during group session (must call)**

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**Week 1:** How the impact of non-Indian culture affected our Native ways and traditions

**Week 2:** My spirit was broken, why did he treat me like that?

**Week 3:** Paying attention to our intuition

**Week 4:** What was he thinking?

**Week 5:** Wolf in sheep's clothing

**Week 6:** Open discussion

**Week 7:** Non-traditional abuse; I respect my body

**Week 8:** Children see everything

**Week 9:** Regaining strength and moving forward; how not to fall back into the trap of a toxic relationship

**Week 10:** Positive support and becoming self sufficient

**Week 11:** Emotional growth

**Week 12:** Moving forward and thriving

**GROUPS REPEAT**

