

*Support Groups are a great way for survivors to work on healing from past and current trauma. In group we grow through our commonalities and our differences. We support each other and model the safety and respect that may not have been present in our pasts. The following support groups will be offered this autumn in the Ossipee area. You can join the group for some or all of the series. To sign up, or to learn more, please call Gretchen at the Starting Point office at 452-8014.*

## ***What is Abuse?***

*Tuesdays October 11, 17, November 1*

*In this series we will discuss the different kinds of abuse such as physical, emotional, psychological, financial and sexual. We will also discuss in detail the different ways that abusers attempt to maintain power and control over the people they abuse. We will examine power and control in relationships and also focus on how respect and equality work in healthy relationships. These sessions will be eye-opening and powerful!*

## ***How Does Trauma Affect Us?***

*Tuesdays November 8, 15, 22*

*These group sessions help us understand how traumatic events such as domestic violence, sexual assault, stalking or child sexual abuse impact our brains and the way we function in the world. We will discuss the brain and our biological response to trauma as well as discuss ways to cope with flashbacks, dissociation, anxiety, fear and depression. The sessions will involve practical exercises as well as group discussion. Group members will work on using this information to make informed decisions about their healing process.*

## ***Relaxation and Self-Care***

*Tuesdays November 29, December 6, 13*

*These group sessions will focus on creating a self-care plan, using relaxation techniques and practicing a variety of coping skills to improve quality of life after trauma. Relaxation and mindfulness techniques can help us cope with difficult emotions. Practicing these techniques on a daily basis can lead to increased feelings of confidence, safety and happiness. These sessions will use exercises and discussion to reach our goals.*