

## *Are you in an abusive or controlling relationship?*

Abuse takes many forms including: physical, emotional, psychological, economic, and/or sexual. It is very common for survivors to think the beginning of the abuse as the first time the abusers hit them, but really the cycle may have started early on in the relationship. Understanding patterns in an unhealthy relationship and being able to talk about it is a major step to healing.

**You Are NOT Alone!**



**Topics discussed follow a 12 week cycle & include:**

*Power & Control/Lethality  
Assessment/Safety Planning  
Self-Awareness/Self-Esteem  
Defining Your Authentic Self  
Communication Basics  
I-Statements  
Conflict Resolution  
Facing Fears  
Embracing Change  
Resilience  
Acceptance  
Decision-Making/Goal-Setting  
Self-Sufficiency*

**Meetings are Every  
Other Tuesday**

## **Upcoming Dates:**

**November 14, November 28  
December 12,**

Email [NHoffstetter@thesharingcenter.net](mailto:NHoffstetter@thesharingcenter.net)  
or call (262) 298-2125 for location or  
questions.



## **Resources & Referrals Available**

Legal Advocacy  
Housing  
Energy Assistance  
W2/FoodShare/Medical Assistance  
Childcare Assistance  
Social Security  
Counseling/Therapy

*All Services are Free and Confidential*

*Current & former victims who are 18 years and above are welcome; we recognize that there can be long lasting effects from the trauma experienced in an abusive relationship.*

*Contact [NHofstetter@TheSharingCenter.net](mailto:NHofstetter@TheSharingCenter.net)*

*Or (262) 298-2125*

**Group or Individual  
Support Available**

For location information please contact:  
[NHofstetter@TheSharingCenter.net](mailto:NHofstetter@TheSharingCenter.net)  
or (262) 298-2125

*Women's  
Empowerment  
Group*



*In collaboration with:*



*Western Kenosha County  
Resource Center & Food Pantry*

*Equal opportunity provider*

*Support for women 18 and older in  
Western Kenosha County*