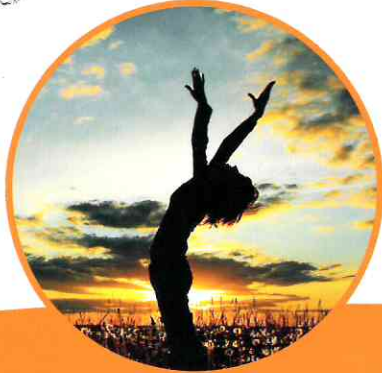


A program of Sharing Center Inc.

# EVOLVE

Evolving from Victimization & Oppression to  
Living Vivaciously Empowered



**EVOLVE** offers free and confidential support group and one on one advocacy services for survivors of domestic and sexual abuse. Current and former survivors 18 years and above are welcome. We recognize that there can be long lasting effects from trauma experienced in an abusive relationship.

\*1 in 4 Women and 1 in 9 men in the United States experience violence by a partner at some point in their lives (National Coalition Against Domestic Violence - <https://www.ncadv.org/statistics>)

## 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 abuse began at the first occurrence of physical abuse, but the abuse most likely started early in the relationship. Understanding patterns in and unhealthy relationship and being able to talk about it is a major step to healing.

**EVOLVE** follows a 12 week cycle of topics including but not limited to:

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

### Meeting Schedule:

Support groups are held every other Wednesday evening in western Kenosha County

### Contact facilitator:

[nhofstetter@thesharingcenter.net](mailto:nhofstetter@thesharingcenter.net)  
(262) 298-2125 for time and location of group  
or to schedule an individual meeting

### Resources & Referrals Available:

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

For more information, please contact Nancy Hofstetter at [nhofstetter@thesharingcenter.net](mailto:nhofstetter@thesharingcenter.net) or (262) 298-2125.

In collaboration with  
The Sharing Center

Western Kenosha County  
Resource Center & Food Pantry



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