

## *“On Our Way” Support Group*



“On Our Way” is a support and education group for women 50+. Participants will reflect on the experiences that make them who they are, draw strength from their past and create their own paths to a peaceful future.

### **Topics include:**

- Naming the Abuse
- Sharing Your Personal History
- Understanding Survival Tactics
- Forgiving Yourself
- Increasing Self-worth
- Setting Boundaries
- Recognizing Personal Strengths
- Envisioning the Future

Join at any time. Preregistration is required. To register for groups, call Therapy & Support Services Program at 763-656-1366.

***All services are free and confidential!***

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