

“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, our 24-Hour Helpline at 763-780-2330.

All services are free and confidential!

This project was supported by Grant No. 2018-EW-AX-K001 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.”