

“On Our Way” Support Group

All services are free and confidential!

** Preregistration required for all groups. **



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

Weekly Virtual Support Group

Thursdays, 10:00—11:30 am

If you are interested in participating, please complete the **Support Group Interest Form** on our website (www.alexandrahouse.org), under ‘Our Services’, and ‘Support Groups’.

For more information or questions regarding support groups, call 763-780-2330 or email supportgroups@alexandrahouse.org.

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