

“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 their experiences, draw strength from their past, and create their own paths towards a peaceful future. ***This service is exclusively available to residents of Anoka County, MN.***

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 (alexandrahouse.org/support-groups/), under ‘**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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