Domestic Violence Outreach Program
Adams County Support Group Information

When: 1-2pm; first and third Wednesdays of every month
Where: Adams County Human Services
11860 Pecos St. Westminster CO 80234
Workforce & Business Center (Suite 2200)*

Group Discussion Topics
This is not an exhaustive list. The discussion topics of the support group are flexible, and are updated and adapted to fit group members’ needs and interests.

Pattern of Abuse
Recognizing patterns in abusive relationships

Dynamics of Power and Control
Discussing the tactics and effects of controlling behavior

Understanding an Abusive Partner
Discussing the characteristics of an abusive mentality and working through misconceptions of why abusive men choose to abuse

Effects of Domestic Violence on Children
Discussing the short and long term impact of domestic violence on children

Types of Abuse
Identifying types of abuse (physical, psychological, economic, etc) and other forms of controlling behavior

Safety Planning
Enhancing current and past safety plans

Red Flags of an Abusive Relationship
Identifying warning signs of an abusive relationship

Co-Parenting with an Abusive Partner
Identifying controlling behavior and creating boundaries

Healthy Relationships
Recognizing qualities of healthy relationships and communication

Boundaries
Valuing your emotional and personal space by setting limits with those around you

Healthy Coping Strategies
Identifying coping actions and enhancing and building healthy strategies

Trusting your Instincts
Moving beyond recognizing red flags of an abusive relationships

Building Healthy Support Networks
Identifying ways to create healthy natural support systems

Self-Care
An on-going, hands-on group with different self-care activities to explore

“Stop Judging Me”: Making Sense of Perceptions of Domestic Violence
Discussing the realities and myths friends and family hold about domestic violence survivors

From Surviving to Thriving
Rebuilding self-esteem

*Group members should check in at the Workforce & Business Center lobby (Suite 2200) to be directed to the Group meeting place.

Important Notes
- All group members must have completed an intake. To schedule an intake, please call an advocate to arrange a time to complete intake paperwork prior to attending your first group.
- No childcare is available. Please make other arrangements.

email: outreach@thefamilytree.org  phone: 303.463.6321  website: thefamilytree.org