



TOMORROW WITHOUT VIOLENCE

A group for children and teens who have experienced domestic violence.

**5-Week Virtual Group | Tuesdays: 6:00-7:30
January 25th to February 22nd**

Tomorrow Without Violence is a group for children and teens to learn about the impact of domestic violence including physical, sexual, emotional, and financial abuse.

The group provides a safe place to discuss the violence, begin to heal from its effects and learn that it is not okay and not their fault. The group also supports mothers in learning how to support their children's healing.

Each 5-week virtual group focuses on:

- Feelings
- Boundaries
- Grief, Loss & Change
- Families' Experience of Violence
- Coping
- Mindfulness
- Safety Planning

For more information call: Janna (807) 683-4710