

# unlearning violence

## Using Truth to Shed Weight

Virtual | Same Members | Day TDB | Time TBD | 12 weeks

A therapy group for adult survivors of domestic violence who want to better understand the impact violence has had on themselves and their lives. No matter where you might be on your journey.

Together, we will think about the messages we have received about violence and love. We get curious about those messages and explore how they have impacted our beliefs. Along the way we will learn a lot, feel a lot, and find strength in each other.

Hopefully we will recognize new possibilities and uncover truths, too.

Sign up today :)



### the Tohwikeli group tenets...

This is a safe and confidential space.

We are all here to heal.

We have the power and the right to learn.

We have the courage to try new things.

Discomfort is really opportunity for growth.