

**Albemarle Hopeline  
Women's Support Group**

*Journey Beyond Abuse, 2004*

**Session #1: Wed., 10/6 – Essential Beginnings**

Defining Abuse  
Patterns of Abuse  
What Keeps Women in Abusive Relationships?  
Emotional Abuse  
Anger About Abuse

**Session #2: Wed., 10/13 – Understanding the Impact of Abuse**

Impact of Negative Messages  
Common Experiences of Battered Women  
Impact of Abuse on Children

**Session #3: Wed., 10/27– Abuse Related Issues for Women**

Assertiveness  
Boundaries  
Women and Sexuality  
Questions about Men Who Batter

**Session #4: Wed., 11/3– Common Responses to Abuse Experiences**

Shame and Guilt  
Grief and Loss  
Depression

**Session #5: Wed., 11/10 – Looking Towards the Future**

Self-care  
Healthy Relationships  
Evaluating New Relationships

**Session #6: Wed., 11/17 – Closure to the Group**

Closing Session

**All sessions are 3:00 – 5:00 p.m.**

Facilitated by Janet Stone Nielsen, *MSW, P-LCSW*  
Elizabeth City Office Location

Now accepting referrals from area service providers  
Screening/assessment required

For More Information: (252) 338-5338

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