



Now Accepting
Referrals for
Telehealth
Groups!

Recovering and Healing from Domestic Violence Therapy Group

Has a Current or Past Romantic Partner and/or Family Member Ever:

- Repeatedly called you mean names
- Blamed you for things that weren't your fault
- Made you feel bad about who you are
- Controlled your money
- Forced you to be sexual
- Kicked, hit, pushed, or punched you?

If you answered **yes** to any of these questions and you are a woman age 18 or older, then this group may be for you.

The Recovering and Healing from Domestic Violence Therapy Group is a 20-week group for women who are healing from domestic violence. In this group, women learn skills to manage difficult emotions, develop healthy coping skills, build healthy relationships, and begin healing from past domestic abuse. Specific group topics include: Identifying and Expressing Emotions, Rebuilding Trust, Dealing with Anger, Relaxation Skills, & Assertiveness.

Wednesdays from 5:30pm to 7:00pm

If you are interested in joining group or have questions, please contact
Shannon Goecke-Watson, PsyD, LP at **651.493.9412** to set up an intake today!

***Many major forms of insurance are accepted**

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