



Healthy me,
healthy we

Interpersonal Violence

Groups for Adolescents and Young Adults are forming now!

Anger and jealousy are both normal emotions...but, where do you draw the line?

This Group seeks to help adolescents and young adults learn to examine the use of force and/or abuse within intimate relationships and to learn alternative ways of engaging.

MALE ADOLESCENTS – (ages 12–17)

Our Interpersonal Violence group sessions target young males who have begun using or experiencing abuse in relationships.

Sessions are conducted in a group format once a week for 12 weeks and teach youth how to develop and maintain healthy relationships.

Sessions topics will include:

- *Emotional Abuse and Mind Games*
- *Jealousy and Manipulation*
- *Understanding Anger*
- *Abuse of Siblings and Parents*
- *Substance Abuse*
- *Communication and Negotiation Skills*

FEMALE ADOLESCENTS – (ages 12–17)

Our Interpersonal Violence group sessions have been designed to help young females explore the motivations, intent and consequences of remaining in abusive relationships.

Sessions are created to emphasize that the use of force **is not** appropriate and teaches healthy alternatives.

Some of sessions topics include:

- *Identifying Forceful Behaviors*
- *Understanding Anger*
- *Defense Mechanisms*
- *Healthy Boundaries*
- *Effects of Force*
- *Conflict Resolution*
- *Healthy Relationships*
- *Safety Issues*

Please contact us for information on dates and times of our next scheduled group session.

We hope to see you there!



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