

Zumbro Valley Mental Health Center

EMPOWERING WOMEN TO CHOOSE HEALTHIER RELATIONSHIPS

PURPOSE

When you have lived in a harmful relationship for many years, it is hard to imagine a different life. Getting out of your isolation and being with women in similar circumstances can help you see new options and gain control over what you choose to do.

No one deserves to be abused. Everyone has a right to be treated with respect. The “Empowering Women” group is open to women who have experienced or are presently experiencing abuse.

Goals include:

- Learn to recognize abusive behavior
- Learn what actions you can take to help yourself
- Learn what affects your self-esteem and how to improve it
- Learn to establish healthy relationships

A pre-interview is required.

TOPICS

- Trust
- Communication
- Conflict resolution
- Self-esteem
- Co-dependency
- Abuse and violence
- Dealing with anger
- Feelings
- Behavior change
- Boundaries
- Positive parenting

PHYSICAL AND EMOTIONAL ABUSE CHECKLISTS

See back side.

FORMAT

Group meetings held Tuesdays from 1:00 p.m. to 2:30 p.m.

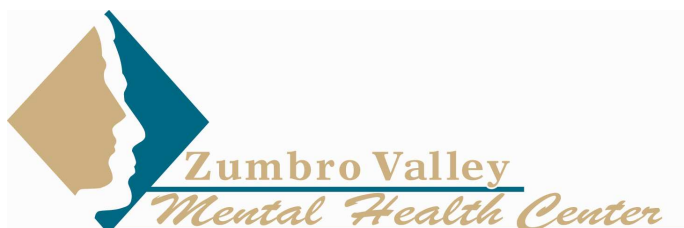
Fee covered by Medical Assistance, most insurance and a sliding fee is available.

Ongoing group therapy – accepts new members anytime there are openings.

Contact Information

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904

Sharon Davern, MSED, LP, LMFT
Phone: 507-535-5737



CHECKLIST ON ABUSE

Physical Abuse

Has your significant other:

- Pushed or shoved you?
- Held you to keep you from leaving?
- Slapped or bitten you?
- Kicked or choked you?
- Hit or punched you?
- Thrown objects at you?
- Locked you out of the house?
- Abandoned you in dangerous places?
- Refused to help when you were sick, injured or pregnant?
- Subjected you to reckless driving?
- Forced you off the road or kept you from driving?
- Threatened or hurt you with a weapon?
- Forced sex and/or rape?

Emotional Abuse

Has your significant other:

- Ignored your feelings?
- Ridiculed or insulted your most valued beliefs, such as your religion, race, heritage or class?
- Withheld approval, appreciation or affection as punishment?
- Continually criticized you, called you names or shouted at you?
- Insulted or drove away your friends or family?
- Humiliated you in private or in public?
- Refused to socialize with you?
- Kept you from working, controlled your money or made all your decisions?
- Refused to work or share money?
- Regularly threatened to leave or told you to leave?
- Punished or deprived the children when he was angry at you?
- Threatened to kidnap the children if you left him?
- Abused pets to hurt you?
- Told you about his affairs?
- Harassed you about affairs he imagined you were having?
- Manipulated you with lies and contradictions?

Note: above lists based on "Getting Free—A Handbook for Women in Abusive Relationships" by Ginny Nicarchy.