

**Rainbow House Domestic Abuse Services, Inc.**  
**DOMESTIC VIOLENCE EDUCATION SERIES**

**Session #1: November 7, 2016 @ 6:00 to 7:00 PM**

**What is Domestic Violence?**

This session will help participants understand the definition of domestic violence. It will also address myths and misconceptions about domestic violence. It will show the effects of domestic violence on the victim and the effects of domestic violence on the abuser. Signs to look for in a battering personality and qualities needed for a healthy relationship.

**Session #2: November 14, 2016 @ 6:00 to 7:00 PM**

**The Cycle of Violence: Why do we stay?**

This session will address the Cycle of Violence Theory. Participants will gain an understanding of the 3 phases in the Cycle of Violence and what is happening with the victim and the abuser during the different phases. This session will also address why victims stay and the different barriers to leaving an abusive relationship.

**Session #3: November 21, 2016 @ 6:00 to 7:00 PM**

**Co-Dependency**

This session will address co-dependency. What is co-dependency? What are grooming/conditioning tactics used by abusers? What is the Progression of Codependency? This session will also address breaking the Cycle of Codependency.

**Session #4: November 28, 2016 @ 6:00 to 7:00 PM**

**Fear, Grief, Shame, and Guilt: Are they related?**

**Good and Bad Anger: How to Manage It.**

This session will address how we often label emotions as being either GOOD or BAD. What is emotional recovery? Participants will also learn healthy and unhealthy approaches to dealing with anger.

**Session #5: December 05, 2016 @ 6:00 to 7:00 PM**

**Self Esteem and Resilience**

This session will address what is Self Esteem, and why is it so essential? Participants will learn about Building Self Esteem and Steps to a Healthy Self Image. This session will also address resilience and tips to improve and build resilience.

**Session #6: December 12, 2016 @ 6:00 to 7:00 PM**

**Reflecting on Personal Growth/Goals**

This session will help participants identify personal growth Needs and Wants. We will discuss how to set and achieve goals. Participants will also learn what resources are available in the community and agencies that are available to assist if deciding on leaving an abusive relationship.

**PLEASE CHECK IN AT THE ADAPT RECEPTION DESK ON THE 2<sup>ND</sup> FLOOR.  
YOU MUST SIGN IN FOR EVERY CLASS OR YOU WILL NOT RECEIVE  
CREDIT. ONCE YOU COMPLETE THE SIX WEEK SERIES YOU WILL BE  
GIVEN A CERTIFICATE OF COMPLETION. THE CERTIFICATE IS THE ONLY  
PROOF YOU WILL RECEIVE TO VERIFY YOU ATTENDED ALL CLASSES.**

All sessions will be located in the conference room at Marinette County Human Services  
Located at 2500 Hall Ave., Marinette, WI 54143