

## **WINGS**

(Women in Need Growing Strong)  
Domestic Violence Support Group

### **What is a support group?**

Support group offers a chance to share your story, to hear other women's stories and to support each other.

### **What is involved in the WINGS support group?**

Basic dynamics of abusive relationships are continually discussed. Handouts and sharing help offer insights into relationships.

### **What do discussions include?**

Finding Healthy Supports  
Dealing with feelings of fear, grief and anger  
Setting boundaries using assertiveness skills  
Recognizing Abuse

### **Who comes to a support group?**

Anyone who has been in an abusive relationship will benefit from WINGS. Abuse comes in many forms including physical, verbal, sexual and emotional. If you suspect your relationship is abusive, WINGS can help you sort out your suspicions in a safe, confidential environment. Participants will be provided the opportunity to receive support from others and begin building trust within themselves.

### **What will I have to do in group?**

The amount of participation in group is up to each individual and what they feel comfortable with. Sometimes just listening to others share their experiences helps.

### **When will group be held? What do I need to do to be involved?**

Participation is just a phone call away. Call Victim Assistance for more information. Group is confidential and free of charge. **Child care is available** with advance registration.

Abuse is a pattern of physically and emotionally violent and coercive behaviors that one person uses to exercise power and control over another. Abusers may use verbal insults, emotional abuse, financial deprivation, threats and /or sexual and physical violence as a way to dominate their partners.

Williams County Victim Assistance  
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