

Come Join Us And Be ...

FIERCE



LIBERTY LANE
OUTREACH GROUP
ONLINE VERSION

Freedom ~ Inspiration ~ Education ~ Resilience ~ Collective Support ~ Empowerment

WE ARE IN THE PROCESS OF SWITCHING TO AN ONLINE GROUP FORMAT. TO GET WAITLISTED FOR ANY OF THE SESSIONS LISTED BELOW, CONTACT US AT 458-9774 OR LLF.ANDREA@BELLALIAN.T.COM.

FIERCE is designed to promote freedom, inspiration, education, resilience, collective support and empowerment. As outlined below, this group covers a series of session topics which are organized into four different modules. The topics within each module are related but not interdependent, so participants can choose which sessions to attend based on their interests and availability. Each session of FIERCE Online will be broken down into two separate components: an *independent learning* component (resources available on our website) and a *collaborative learning* component (conducted via online conference call).

GROUP MODULES

SESSION TOPICS

SELF ESTEEM

1. Self Awareness
2. Celebrating Yourself
3. Goals & Action Plans
4. Self Care
5. Making a Difference
6. Positive Thinking

ASSERTIVENESS

1. Assertiveness 101
2. Barriers to Assertiveness
3. Non-Verbal Assertiveness
4. Requests
5. Conflict
6. Assertiveness Goals & Action Plans

GROUP MODULES

SESSION TOPICS

OTHER LIFE SKILLS

1. Managing Emotions
2. Zones of Regulation
3. Healthy Relationships

DOMESTIC / INTIMATE PARTNER VIOLENCE

1. Unhealthy/Abusive Relationships
2. Understanding Abusers
3. Understanding Trauma & Building Resiliency
4. Safety Planning
5. Supporting Victims/Survivors
6. D/IPV & Legal Issues/Processes
7. Parenting in Context of D/IPV
8. D/IPV & Youth
9. D/IPV & Minority Groups