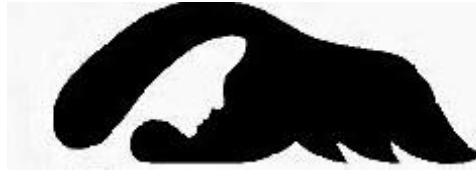


Come Join Us And Be ...

FIERCE



LIBERTY LANE OUTREACH GROUP 2020 CALENDAR

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

**WE ARE EXCITED TO
ANNOUNCE THAT WE ARE
PILOTING A NEW AND
(HOPEFULLY) IMPROVED
OUTREACH GROUP
AT LIBERTY LANE!**

FIERCE integrates and expands upon our previous group format in a way that 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.

GROUP MODULES	SESSION TOPICS	GROUP MODULES	SESSION TOPICS
SELF ESTEEM Feb. 5 - April 15	<ol style="list-style-type: none">1. Self-Awareness2. Celebrating Strengths & Successes3. Goals & Action Plans4. Self-Care5. Making a Difference6. Positive Thinking	OTHER LIFE SKILLS Aug. 5 - Sep. 2	<ol style="list-style-type: none">1. Managing Emotions2. Zones of Regulation3. Healthy Relationships
ASSERTIVENESS May 6 - July 22	<ol style="list-style-type: none">1. Assertiveness 1012. Barriers to Assertiveness3. Non-Verbal Assertiveness4. Requests5. Conflict6. Assertiveness Goals & Action Plans	DOMESTIC / INTIMATE PARTNER VIOLENCE Sept. 16 - Jan. 20 ('21)	<ol style="list-style-type: none">1. Unhealthy/Abusive Relationships2. Understanding Abusers3. Understanding Trauma & Building Resiliency4. Safety Planning5. Supporting Victims/Survivors6. D/IPV & Legal Issues/Processes7. Parenting in Context of D/IPV8. D/IPV & Youth9. D/IPV & Minority Groups

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FIERCE will run on an ONGOING basis throughout the year. Sessions will be held from 6:00 - 8:15 PM on WEDNESDAYS, TWICE A MONTH. Each session will begin with a presentation about the topic, followed by an open discussion period. This group is FREE and available to any female-identified person in the community. However, REGISTRATION IS REQUIRED and priority will be given to existing Liberty Lane outreach clients. Please CALL 458-9774 OR EMAIL LLF.ANDREA@BELLALIAN.COM for more information.

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
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JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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