

# YWCA Billings

## EMPOWERMENT HOURS®

**Weekly drawings for gift cards  
and snacks and drinks provided!**

YWCA Billings Empowerment Hours® are one-hour gatherings every Wednesday from 1-2 pm featuring a variety of topics aimed at empowering victims, survivors, friends and families with practical information and skills on leading healthy lives free of violence.

Each week, one of seven topics will provide information and skills related to the weekly theme. Participants will receive materials to facilitate discussion and to relate each topic to their own lives.

### **Intimate Partner Violence (IPV)**

Types and cycles of abuse, signs of IPV relationships, barriers to leaving

### **Sexual Violence**

Defining sexual violence, consent in Montana, common responses and concerns, helping family and friends understand

### **Safety Planning**

Physical and financial safety, social media and technology, danger assessments, coercive control, Orders of Protection

### **Healthy Relationships and Healthy Boundaries**

Healthy vs. unhealthy relationships, changing unhealthy relationship beliefs, detaching from damaging relationships, boundaries

### **Coping Skills**

Healthy vs. unhealthy coping, guilt vs. shame, mindfulness, distress tolerance, relaxation, safe coping skills packet

### **Self-care**

Self-worth vs. self-esteem, practicing self-compassion, self-evaluation of needs, creating awareness, focusing on your needs

### **Channeling your Power**

Creative activities aimed at compiling strengths, skills and supports from previous topics

Please RSVP for Childcare – provided by YWCA staff onsite

**For a weekly schedule, please follow our facebook page**

[www.facebook.com/YWCABillings](http://www.facebook.com/YWCABillings)

YWCA IS ON A MISSION