

# TEEJUH

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## BEHAVIORAL HEALTH

# TEEJUH WOMEN'S DOMESTIC VIOLENCE EDUCATION GROUP

Online Classes

THE TEEJUH WOMEN'S DOMESTIC VIOLENCE EDUCATION GROUP IS A 28-WEEK COMPREHENSIVE TRAUMA-INFORMED GROUP FOR VICTIMS OF DOMESTIC VIOLENCE, WITH A STRONG EMPHASIS ON COMPASSION, MINDFULNESS, ACCOUNTABILITY, SELF-ACCEPTANCE, EMOTIONAL REGULATION, AND IMPULSE CONTROL.

PARENTING EDUCATION AND SUPPORT WILL ALSO BE PROVIDED AND WOVEN THROUGHOUT THE TOPICS IN THE CURRICULUM.

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