

# HEALTHY RELATIONSHIPS GROUP

FOR WOMEN VETERANS

## GROUP INFORMATION

**FRIDAYS FROM 12:30 – 2:00 PM**

**FACILITATORS: FREDA JOHNSON, LCSW**

## OVERVIEW

*Intimate relationships can be challenging and sometimes difficult to manage. Some people may develop negative, repeating ways of relating to others in intimate relationships that are not satisfying or cause a lot of conflict. Ongoing relationship problems can influence our mental health and lead to feelings of inadequacy, guilt, and shame.*

## TOPICS COVERED

The Healthy Relationship Group will focus on:

- The cycle of relationships
- How culture influences relationships
- The role of power and control in intimate relationships
- Coping with conflict and conflict resolution
- Identifying emotional reactions in the context of relationships
- Emotion regulation and distress tolerance
- Self-care for emotional and cognitive health

## ENROLLMENT INFORMATION

TELEPHONE PRE-SCREENING IS NECESSARY BEFORE STARTING THE GROUP

PLEASE CALL FREDA JOHNSON, LCSW AT (832) 628-3553. LEAVE A MESSAGE WITH THE BEST TIME FOR MS. JOHNSON TO RETURN YOUR CALL.