

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.