

DVRC Teen Healthy Relationships Group

About: A 12-week group for teens, ages 14-18 (all genders), who have experienced dating violence, and/or witnessed domestic violence within their family. Registration is required and we are currently seeking referrals. Participants will need to complete an intake prior to group start date.

Topic List:

Week One: Group Introduction and Welcome, and Self Care

Week Two: DV 101/Teen Dating Violence

Week Three: Abusive Family Dynamics

Week Four: Gender Roles

Week Five: Components of a Healthy Relationship

Week Six: Boundaries

Week Seven: Healthy Communication

Week Eight: Conflict Resolution

Week Nine: Coping with Anger

Week Ten: Coping with Trauma

Week Eleven: Self-Compassion

Week Twelve: Review and Completion Celebration

For any questions and inquiries, please contact the Child and Youth Counselor,
Bria Woodworker-Schmid, at the following:
503-640-5352 ext. 152 (Mon & Tues)
971-910-2365 x121 (Wed & Thurs)
bria@dvrc-or.org

** Group counseling services are currently provided via telehealth only. For telehealth services, youth and guardians must consent to receiving telehealth services and have the necessary technology to engage effectively.*