

Support Group Guidelines

We observe COVID mask protocols without exception

Respect and confidentiality are of utmost importance, even in a public space. Who you see, what you hear, and how you feel about those things, should remain within the safety of group. We are here to have each other's backs. Ours is an inclusive space and all are welcome. No acts of discrimination of any kind will be tolerated by participants or staff.

- No verbal, mental, or physical violence.
- No drinking or drug use - *no smoking in library.*
- No Stealing.
- No Weapons are allowed.
- Childcare is provided up to age 12. *Children over the age of 2 should be with childcare staff.*
- No interrupting or talking over other participants. *We utilize flags for our group ~ to be explained.*

ART
JOURNALING (GUIDED AND FREE WRITING)
GUIDED DISCUSSION ON A PARTICULAR THEME
FILM AND MEDIA
OPEN DISCUSSIONS
RESOURCE SHARING
GUEST SPEAKERS
RELAXATION TECHNIQUES
***NO EXPERIENCE IS NECESSARY**

REGISTER HERE



SCAN ME

Our groups are closed, meaning you must pre-register

dvipiowa.org

Follow us on social media

Facebook.com/iowadvip
Instagram: @dvipiowa
Twitter: @dvipiowa

The Domestic Violence Intervention Program provides immediate and long-term support to individuals affected by intimate partner abuse.

We are available 24 hours a day, 7 days a week, 365 days a year.

1-800-373-1043



Domestic Violence Intervention Program

Our support groups are offered in shelter for residents and in community for those impacted by domestic violence.



Inspiring Safety
DOMESTIC VIOLENCE INTERVENTION PROGRAM
 800.373.1043
 DVIPiowa.org

Serving Iowa, Johnson, Cedar, Washington, Henry, Des Moines, Van Buren and Lee Counties. All DVIP services are free and confidential.

Our Space and Your Rights

Guiding Principle of this Space:

Safety and dignity in community with others free from judgment in a space designed to explore thoughts and feelings about domestic violence with reflection.

Your rights in this survivor space:

- To be treated with safety and respect
- To be free from discrimination of any kind
- To have things explained clearly
- Not to be blamed for abusers actions
- To ask questions and talk about feelings
- To set your own goals and path to reach them
- To keep and practice your own religious beliefs
- To speak to other group members privately outside of group or doing breaks



Support groups offer tools for community and reflection. We are not a mental health service and as such, some topics may be too deep - to avoid re-traumatizing ourselves and others, leaders may ask that a topic be "tabled" or put to the side in order to maintain emotional safety.

If you have a grievance about support group, we encourage you contact any director through our crisis line at 1-800-373-1043.

Closed Session Dates

All groups are held at the Iowa City Public Library - time and location provided upon registration. Childcare up to age 12 provided.

Session One: October 4-December 13

Session Two: January 10-March 21

Session Three: April 11-June 20

Surviving and Thriving

Everyone deserves relationships free from domestic violence.

Domestic violence includes physical violence, emotional abuse, sexual violence, and psychological abuse. Each of these forms of abuse is about power and control.

Domestic violence can lead to depression, anxiety, and post-traumatic stress disorder (PTSD). Support groups have been shown to help alleviate guilt and loneliness, reduce shame, and provide safe space for reflection.

