

1. Taking Back My Life (TBML) – 12 sessions

Taking Back My Life class is a therapy group that uses the cognitive behavior therapy (CBT) model to help people with emotional distress due to experiences of domestic violence and/or sexual abuse. The purpose of this class is to help participants understand their negative emotional thoughts and behaviors and to learn to manage the distress they experience so they can change their lives in positive way.

2. Financial Education & Empowerment (FEC) – 5 sessions

The Allstate Foundation's *Moving Ahead Through Financial Management* Curriculum is a comprehensive package of tools and information designed to empower victims to be self-sufficient with their finances. This is a 5 week curriculum which touches on the following topics: financial abuse, financial fundamentals, credit basics, and budgeting strategies.

3. RentWise - 5 sessions

RentWise is a class designed to help you be a savvy renter. Renting is so much more than finding a dwelling, moving in, and calling it home. Renting requires that you find a home that is suitable to your needs. Sessions include: communication, conflict resolutions, money management, rental process, taking care of the home, energy actions to save money.

4. Career & Education Empowerment – 5 sessions

The *Career Empowerment* Curriculum is a class designed particularly for survivors of domestic violence. Its purpose is to help them feel safe and confident throughout the process of getting a job or continuing education. The curriculum refers to many different career types and is relevant for survivors with any skill set. It also includes information and assistance in obtaining formal education and college degrees to develop or advance careers.

5. Journey Beyond Abuse (JBA) – 8 sessions

Journey Beyond Abuse is an educational support group to help victims of intimate partner abuse. It is designed to help victims/survivors to understand and begin to heal from abuse they have experienced. Sessions include: defining domestic violence, tactics of abusers, safety planning, effects of abuse on children, common responses to violence, and legal options.

6. Seeking Safety – 12 sessions

Seeking Safety is a psycho-educational support group for survivors of trauma which they sustained due to domestic and/or sexual abuse and have been using unsafe behaviors to cope or manage their trauma symptoms. Topics include: safe coping skills, coping with triggers, grounding, compassion/self-nurturing, commitment, and many more.

- ❖ All classes are offered to the community for victims/survivors of domestic abuse and/or sexual assault.
- ❖ Classes are **FREE** of charge
- ❖ Free childcare is offered during the class (only in Council Bluffs location.)

❖ **Please call 712-328-0266 or 1-888-612-0266 for an intake or any questions!**

Serving: Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Shelby, Page, & Pottawattamie

Dates and Locations of Phoenix House Classes

Council Bluffs	Phoenix House, Council Bluffs	
Taking Back My Life	Monday	10am – 11:30 am
Financial Empowerment	Tuesday	10am – 11:30 am
Rentwise	Wednesday	10am – 11:30 am
Career Empowerment	Thursday	10:00am – 11:30am
Journey Beyond Abuse	Thursday	6:30pm – 8:00pm
Seeking Safety	Friday	10:00am – 11:30am
Atlantic	Zion Recovery Services, 1500 East 10th Street	
Seeking Safety	Friday	10 am- 12 pm
Financial Empowerment	Friday	12:15 pm – 1:15 pm
Red Oak	Zion Recovery Services, 403 East Coolbaugh Street	
Seeking Safety	Tuesday	1pm – 3pm
Harlan	Therkildsen Center, 711 Durant Street	
Seeking Safety	Tuesday	10am – 12pm
Financial Empowerment	Tuesday	1pm – 2:30pm
Shenandoah	Zion Recovery Services, 615 NW Road	
Seeking Safety	Friday	10am – 12pm