

Empowerment Groups and Classes

All classes are open to those who identify as a victim/survivor of domestic or sexual violence, at no cost.

*Childcare is also available at the Council Bluffs location with advance notice.

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.

Currently offered:

Tuesdays	1 - 3 p.m.	Red Oak
Fridays	10 - 12 p.m.	Atlantic
Fridays	10-11:30 a.m.	Council Bluffs*

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.

Currently offered:

Thursdays	6:30 - 8 p.m.	Council Bluffs*
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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.

Currently offered:

Tuesdays	10 - 11:30 a.m.	Council Bluffs*
Thursdays	7pm-8:30pm	Shenandoah Library
Fridays	12:15 - 1:15 p.m.	Atlantic

Rent Wise - 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.

Currently offered:

Wednesdays	10 - 11:30 a.m.	Council Bluffs*
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Work in Progress – 5 sessions

The Work in Progress 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.

Currently offered:

Thursdays	10 - 11:30 a.m.	Council Bluffs*
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Catholic Charities

Domestic Violence and Sexual Assault Program

Serving Audubon, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, and Shelby Counties in southwest Iowa.

Catholic Charities DVSA Office Locations:

Atlantic: Zion Recovery Services, 1500 East 10th Street

Council Bluffs: 1215 N Broadway

Red Oak: Zion Recovery Services, 403 East Coolbaugh Street

For more information or to schedule an intake, contact

Catholic Charities @ 888-612-0266