

# SUPPORT GROUP NEWS LETTER

THE LATEST EVENTS AND ANNOUNCEMENTS  
FOR GROUP MEMBERS



## Inside the March Issue:

### Monthly Menu

- 03/01 Wings & Veggies
- 03/08 Chick Fil A
- 03/15 Cheese Burgers
- 03/22 Salad Bar
- 03/29 Street Tacos

### Power and Control

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## Romantic Relationship Abuse Group Launched Last Month.

*Update by Randi Crabtree LPC Associate*

*The LPC Associates of the Women's Center of East Texas launched the lunch and support Relationship Abuse Group in February 2021. With a bumpy start due to weather and limited reach, we're hoping to reach more women needing support.*

*So far, major themes coming through to us are sharing one's experiences with others who have similar experiences. As a support group, our greatest goal is to provide that space for survivors of relationship abuse to come together as a community.*

*We want to make this happen to encourage all communities, clients, and staff to share our QR code for group sign-up.*

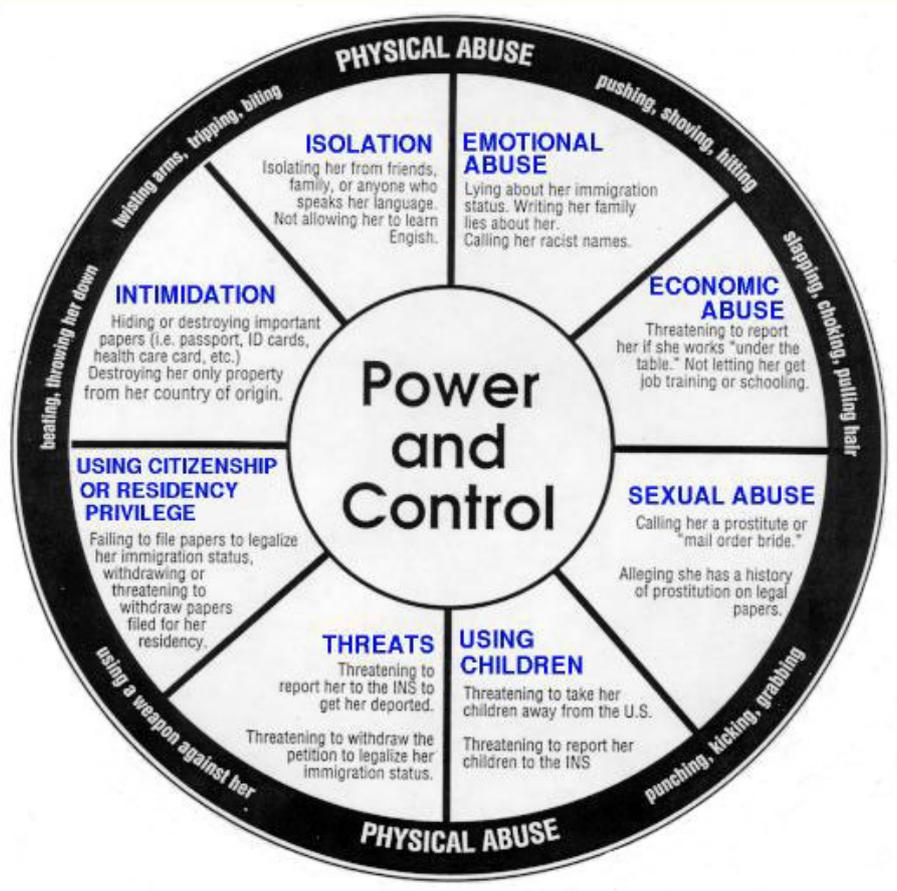
# Power and Control

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*What does it mean and how might it affect vulnerable individuals?*

The Domestic Abuse Intervention Project (DAIP) developed the Power and Control Wheel after months of focus groups and data collection in 1984. What emerged from this data collection process and Intimate Partner Violence Survivors' voice is in the Wheel. Each section inside the physical abuse circle holds another key area of abuse often included in abusive relationships.

Through a deeper exploration of the Power and Control Wheel, it becomes possible for one to clearly identify various areas of abuse used to hold the cycle of abuse in the relationship and unmask the abusers' behaviors beyond physical violence. Additionally, when used in a group setting of survivors, "They are able to see they are not alone in their experience and more fully understand how their batterer could exert such control over them" (FAQs About the Wheels). Through continued self-education and behavioral identification, victims of IPV can become survivors.



"FAQs About the Wheels." Domestic Abuse Intervention Programs, 1 Aug. 2018, [www.theduluthmodel.org/wheels/faqs-about-the-wheels/](http://www.theduluthmodel.org/wheels/faqs-about-the-wheels/).

# Resources We Love

## MARCH HIGHLIGHTS

### Apps

- Aunt Bertha - The Social Care Network
- myPlan App- Intimate Partner Relationship Safety

### Website

- <https://www.wc-et.org/>
- <https://www.loveisrespect.org/>