

Video Replay: <https://vimeo.com/844399088/65672dd5ef?share=copy>

11:23:23 From rose : Rose in GA

11:23:25 From Sheri Millenbaugh (Faber) OHIO : Sheri Millenbaugh (Faber) Ohio

11:23:30 From Paula Perdomo : Paula Perdomo Nappanee IN

11:23:32 From Bethany Harman : Bethany Harman Lubbock TX

11:24:08 From Cindy Stashenko : Cindy s NC

11:25:58 From Suzanne Jones : Suzanne from Pittsburgh here

11:27:46 From Keri Drowatzky : Keri Drowatzky in Bartlesville OK here.

11:28:05 From Audrey Whitaker : Audrey Whitaker KS

11:28:19 From sue penn : Sue Penn Iowa

11:28:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Tabitha - Wake Forest & Flower Mound

11:28:23 From Ann : Ann Lawrence Roxboro, NC Hi!

11:28:34 From Angi Beery : Angi Beery, Goshen, Indiana

11:28:37 From Yuklin Ling : Y ling

11:29:06 From Pam Rork : Pam Rork, Sylvania, Ohio

11:29:19 From Ariella : Ariella, Israel

11:29:24 From Reenie Brown : Reenie Brown from Waxhaw, NC

11:29:44 From Pam : Pam in TN

11:29:44 From Keri Drowatzky : Sorry stuffing veggies in my mouth. Snack on this instead of junk.

11:30:01 From Kendra : Kendra from Ohio

11:30:10 From Joy Parks : Joy Parks Great Falls, SC

11:30:11 From Deborah Stahl Waters : Good Morning, Deborah Stahl Waters, GA

11:30:24 From Porscha Green : Good Morning Everyone! Porscha in NC

11:30:39 From Lisa Velasquez : Lisa from Montrose, CO

11:30:55 From Shannon Mullen : Shannon Mullen, Jamestown NY

11:30:56 From Vanessa Satterfield : Vanessa Satterfield - North Carolina

11:30:59 From Tara : Tara from roasty Idaho!

11:31:08 From Jessica Devaney : Jessica Oil City, PA

11:31:32 From Priscilla : Priscilla from Nanaimo, Canada

11:31:36 From leonard : Chelsea Leonard Sweet Home Oregon

11:31:39 From Erica : Erica (from Warrenton VA) now in Wichita KS.

11:31:39 From Brenda Carpenter : Brenda Carpenter, California

11:32:05 From Amy Paquette : Amy Paquette Albuquerque, NM

11:32:06 From Karin Shadle : Karin Shadle Iowa

11:32:09 From Rowena Slusser : Good Morning from Albuquerque, NM Rowena Slusser

11:32:14 From Allison Gaddy : Allison Gaddy Louisiana

11:32:21 From Jolene Underwood : Jolene Underwood, MD

11:32:25 From Lisa Velasquez : I want to hear about the puppy!

11:32:26 From Joy Parks : Petra (Peggy) in the hospital

11:32:38 From Jennifer's Tablet : Jen Mellor, Mt Pleasant SC would love prayer for court stuff

11:33:03 From John : John Stonehocker Oklanoma

11:33:38 From Becky Sewell : Becky Sewell Idaho


11:33:41 From Helenmary : Good morning from Virginia! --Helenmary

11:34:04 From gretchen sewart : Hello from WA State

11:34:06 From Kamilla : Remember if you have a question in the chat, please put QUESTION in all caps and then proceed with your question. This makes it easier for our team to catch those all-important questions!!

11:34:07 From Hannah : Hannah Lippert from Stilesville, IN

11:34:09 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Jen Mellor, Mt Pleas..."  
Praying!

11:34:12 From Darlene Hills-Clinkscale : Good morning Blessings Everyone  Darlene Hills-Clinkscale from Columbus, Ohio

11:34:20 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:34:28 From Jennifer Burkholder : Jen Burkholder VA

11:34:39 From Laura Lathrop : Laura Lathrop from Attica, IN

11:34:40 From Lynn : Lynn A. MN

11:34:50 From Beth Burke : Beth Burke in Burlington NC

11:34:52 From Nancy Kantsios : Nancy Kantsios from Aldie, VA

11:35:00 From Gwendolyn Hertzler : Gwen from Oklahoma. (Only, I'm in Oregon this month!)  
Class is at 8:30 here.

11:35:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Remember, you are the only you that you have! If the content of this class becomes overwhelming for you, breathe, step away, get up and move around. Do what you need to do to help your nervous system! You are beloved by God.

11:35:09 From Joy Parks : Replying to "Petra (Peggy) in the..."

she appreciates all prayers

11:35:26 From Tanja Jarvis : Tanja J, Colorado

11:35:34 From Keri Drowatzky : Keri Drowatzky in Bartlesville OK.

11:35:34 From Kendra : Reacted to "Jen Mellor, Mt Pleas..." with ❤️

11:35:34 From Cindy Baltz-King : Good Morning....

Cindy here from Tennessee

11:35:47 From Kendra : Reacted to "Remember, you are th..." with ❤️

11:35:58 From katharine : Katharine Kofoed-Nielsen, Denmark

11:36:16 From Jessica Evans : Looks great

11:36:26 From Christy : Christy Estelle, NC in Indiana :)

11:36:28 From Deborah Stahl Waters : Reacted to "Remember, you are th..." with ❤️

11:36:30 From Keri Drowatzky : To Erica, welcome to Wichita, KS. This is Keri. I'm originally from there. Now living in Bartlesville OK.

11:36:34 From Jennifer's Tablet : Just wanted to say thanks to whomever is responsible for prettifying the slides. They are looking so awesome this year! I know there's a tribe involved with putting these trainings on.

11:36:51 From katharine : Reacted to "Just wanted to say t..." with ❤️

11:36:56 From holly a : Holly albao from California

11:36:57 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Just wanted to say t..."

Jessica is doing it! She is AMAZING!!!

11:36:58 From Scott and Susanne : Susanne King, Montrose, CO

11:37:00 From Kendra : 🤔

11:37:11 From Kendra : Reacted to "Just wanted to say t..." with ❤️

11:37:17 From JoAnna Schultz : JoAnna Schultz, Murrieta Ca

11:37:18 From Ladonna : Ladonna Hafen, Whitefish, Montana

11:37:27 From Mary Sue Owsley : Mary Sue Owsley from Idaho

11:37:29 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Just wanted to say t..." with 

11:37:32 From Jessica Evans : Replying to "Just wanted to say t..."

Happy to help and Hanna Steinke laid some great ground for us!

11:37:39 From Christine Felser : Christine Felser King of Prussia PA

11:37:40 From Jessica Evans : Replying to "Just wanted to say t..."

Hannah\*

11:38:04 From Samantha McCorkle : Samantha McCorkle, Knightstown, IN

11:38:15 From Jessica Evans : Reacted to "Jessica is doing it!..." with 

11:38:18 From iPhoneTina Lawson : Tina here from Vero Beach,

FL  RIDA

11:38:27 From Lynns : Hannah was amazing Saturday!

11:38:42 From Brooke Eggen, CTPM Advocate Cordinator : Replying to "Remember, you are th..."

Got my selection of fidget toys

11:39:39 From Jessica Evans : Reacted to "Just wanted to say t..." with 

11:39:47 From Lisa Henderson Victoria Campbell : Lisa Henderson Ohio

11:39:50 From Kamilla : [Youth.gov - google site for teens](#)

11:39:55 From Priya : Hello from Devapriya, California

11:39:55 From Kendra : [Sydney Millage has a new book: "37 Ways to Be Taken Captive."](#)

11:40:02 From Angi Beery : Reacted to "Sydney Millage has a..." with 

11:40:09 From Ariella : Reacted to "Sydney Millage has a..." with 

11:40:11 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Got my selection of ..." with 

11:40:17 From katharine : Replying to "Sydney Millage has a..."

good title!

11:40:20 From Kendra : Reacted to "Got my selection of ..." with 

11:40:25 From Angi Beery : Replying to "Sydney Millage has a..."

I was going to mention this too. Its a fantastic book!!

11:40:26 From Kamilla : [Domesticshelters.org](https://www.Domesticshelters.org) - more helpful info for teens

11:40:35 From Joy Parks : Reacted to "Sydney Millage has a..." with 👍

11:40:37 From Ariella : Replying to "Sydney Millage has a..."

great book, i read it and bought for my daughters

11:40:58 From Carrie : Sorry I'm late! Carrie Foldberg from Williamsburg virginia

11:41:09 From Sheri Millenbaugh (Faber) OHIO : QUESTION How do we join BAND?

11:42:29 From Brooke Eggen, CTPM Advocate Cordinator : Replying to "QUESTION How do we j..."

It's for CTPM affiliated advocates. So once you go through that process you get added to the group.

11:43:05 From Sheri Millenbaugh (Faber) OHIO : Replying to "QUESTION How do we j..."

Thank you! 😊

11:44:06 From Joy Forrest : Reacted to "Sydney Millage has a..." with 👍

11:44:13 From Kamilla : [Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”](https://www.EmmaKatz.com)

<https://a.co/d/iE1TWJt>

11:44:41 From Dayna Martin : Dayna Martin, Williston, North Dakota

11:44:49 From Joy Forrest : Reacted to "Dayna Martin, Willis..." with ❤️

11:45:08 From DeniseS : Denise Sharp is present

11:45:23 From Maryann : Maryann from Franklin, TN

11:45:41 From Lynns : LynnS from NC

11:46:13 From Cathy Sage : Cathy Sage, Swanzey, NH

11:46:18 From iPhoneTina Lawson : Amen 🙏❤️ Tabi Soooo Needed those reminders today ...facing a lot from my x s continued abuse w’ our daughters 💔😞...would appreciate 🙏 as I help my daughter navigate this when she’s seeing the truth about her father.

Question 🙏 ...

What were those 2 scripture references again?

11:46:38 From Jennifer’s Tablet : Replying to "Just wanted to say t..."

Beautiful work!

11:46:39 From Cheryl Bennett : Cheryl Bennett, Acworth Ga

11:47:33 From peggybarrett : Peggy Barrett, Durham, NC

11:47:41 From Jennifer's Tablet : Reacted to "Praying!" with ❤️

11:47:51 From Kim : Hello Kim from NC

11:48:04 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Amen 🙏❤️ Tabi Soooo..."  
Praying! Isaiah 44:3-4, Isaiah 54:13.

11:48:15 From iPhoneTina Lawson : Reacted to "Praying! Isaiah 44:3..." with ❤️

11:48:31 From Jessica Evans : Replying to "Just wanted to say t..."  
Thank you for your kind words, Jennifer

11:48:51 From Nicole Toyne : Good morning. Nicole Toyne ~ CA

11:49:51 From Jennifer's Tablet : I think someone in this class or at a retreat said "There's no Trauma Olympics" and that stuck with me because we have a tendency to minimize our experiences because someone else has it "worse"

11:50:05 From Jessica Evans : Reacted to "I think someone in t..." with 👍

11:50:06 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "I think someone in t..."  
Like it!!

11:50:13 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I think someone in t..."  
Amen. Just because someone has a broken leg doesn't mean your broken arm doesn't hurt.

11:50:26 From Kendra : Reacted to "I think someone in t..." with 👍

11:50:26 From Jennifer's Tablet : Reacted to "Like it!!" with ❤️

11:50:29 From Jennifer's Tablet : Reacted to "Amen. Just because s..." with ❤️

11:50:30 From Kendra : Reacted to "Amen. Just because s..." with 👍

11:50:38 From katharine : QUESTION: can it also happen that children become overly empathetic?

11:50:49 From Jennifer's Tablet : Replying to "I think someone in t..."  
@Tabitha Westbrook, LMFT, LCMHC, LPC right?!

11:51:04 From Becky Sewell : What does IPV mean?

11:51:06 From Kamilla : IPV - Intimate Partner Violence

11:51:23 From Kamilla : CPS - Child Protection Services

- 11:51:23 From Joy Forrest : Reacted to "IPV - Intimate Partn..." with 👍
- 11:51:33 From Joy Forrest : Reacted to "CPS - Child Protecti..." with 👍
- 11:51:36 From iPhoneTina Lawson : Reacted to "I think someone in t..." with ❤️
- 11:52:15 From Chief : Gerry Bissell (aka Chief) Indpls, IN
- 11:52:37 From Amanda Natividad : Amanda Natividad NC
- 11:52:45 From Amanda Natividad : Sorry I am late got stuck
- 11:52:47 From Jessica Evans : Replying to "QUESTION: can it als..."

Have seen where children can take on more of a parenting role because the abusive parent has made them responsible for things no child should be responsible for...emotionally "taking care" of a parent. Or have seen people pleasing behavior. Children may fear the abuser's reactions as well, which can change the child's behaviors.

- 11:52:59 From iPhoneTina Lawson : Replying to "I think someone in t..."
- Sadly I find people (in general) minimize all the time as they've not experienced CC 💜🧐💔
- 11:53:14 From iPhoneTina Lawson : Reacted to "Amen. Just because s..." with ❤️
- 11:53:47 From iPhoneTina Lawson : Reacted to "Like it!!" with 👍
- 11:53:49 From Jessica Evans : Replying to "QUESTION: can it als..."

Empathy is good! But also helping children to understand where the line is where they don't need to emotionally caretake or manage others is helpful too.

- 11:53:59 From Jessica Evans : Replying to "What does IPV mean?"

### Intimate Partner Violence

- 11:54:37 From iPhoneTina Lawson : Reacted to "Empathy is good! But..." with 👍
- 11:54:42 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: can it als..."

Trauma can also make you hypervigilant and noticing emotion would be part of that. Also, some people are wired to be more empathetic. Like Jess said, balance is really important.

- 11:54:46 From katharine : Replying to "QUESTION: can it als..."

yes, that's what I meant, a sort of codependent kind of over-empathy. certainly not generally bad!

- 11:55:31 From Jessica Evans : Reacted to "Trauma can also make..." with 👍
- 11:55:36 From Jessica Evans : Reacted to "yes, that's what I m..." with 👍
- 11:57:41 From Kamilla : [Jesse's Law Foundation - July 13.](#)
- 11:57:57 From Lynns : Thank you for sharing about Jesse law.

11:58:38 From Kamilla : NOTE: Jesse's Law Foundation - Event on July 13. Add North Carolina to the search engine when looking for it.

11:59:16 From cindymorris : Cynthia Morris, Franklinton, NC

12:02:23 From Ladonna : I have a mom being refused family counseling and the father doing family counseling so the counselor only has one view and reinforces the father's narrative

12:02:35 From Kamilla : Emma Katz – “Coercive Control in Children’s and Mothers’ Lives”  
<https://a.co/d/iE1TWJt>

12:02:50 From Monica Malisos : Monica M, NC

12:03:13 From Amy : Amy Montana

12:03:52 From Bethany Harman : Do these effects still hurt the children later in life if there is no counseling. EX-a child molested as a baby/toddler only and still have behavioral issues later on in life?

12:04:11 From Tara : QUESTION: How do you help an 18 yr old still in the home with a father coercive controlling who is the "pastor" of the church (home church situation) and who uses his position and scripture to control with anger? She is trying to protect the younger kids (kinda a savior mentality).

12:05:51 From Jessica Evans : Replying to "QUESTION: How do you..."

Some of the slides coming up in this course may be helpful. On mom and children finding (safe) ways to resist coercive control.

12:09:01 From Porscha Green : Replying to "Do these effects sti..."

I was molested as a child and had some therapy. I truly believe it helped me significantly.

12:09:10 From Amy : From experience, the longer you stay, the more damage is done.

12:09:33 From Gunita : Gunita P.- Miami, FL

12:09:38 From Audrey Whitaker : Reacted to "I was molested as a ..." with ❤️

12:09:53 From Porscha Green : Reacted to "I was molested as a ..." with ❤️

12:09:57 From Porscha Green : Removed a ❤️ reaction from "I was molested as a ..."

12:10:31 From Hannah : QUESTION: you had mentioned the importance of teaching these children empathy. Maybe these were stated already.. but what are some resources that we can provide for the mothers to help her teach her kids empathy? I know counseling for her and her children if that is possible. But what else is there that we can suggest/provide? Discussed in future slides in this course.

12:10:32 From Karin Shadle : That kind of “home church” is very familiar to me and has parallels to cult dynamics and effects.

12:10:48 From Kamilla : When Home Hurts - Greg Wilson. <https://a.co/d/7oNsUZd>



12:10:51 From Lynns : I was also Porscha. I still have to work through hard areas But it gets better with positive help from therapists that get it.

12:11:09 From katharine : Reacted to "That kind of "home c..." with 🤔

12:11:50 From Tara : Reacted to "Some of the slides c..." with ❤️

12:12:19 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: you had me..."

As a homeschool mom, I would say read lots of books. Help the kids to put themselves in the mind of someone else. From reading, they learn to see the world from a different perspective.

12:12:32 From Porscha Green : Replying to "I was also Porscha. ..."

Keep the journey going. It absolutely gets better ❤️

12:12:37 From Porscha Green : Reacted to "I was also Porscha. ..." with ❤️

12:13:02 From Kendra's computer : Reacted to "When Home Hurts - Gr..." with ❤️

12:13:51 From Hannah : Reacted to "As a homeschool mom,..." with 👍

12:13:51 From Nicole Toyne : Replying to "When Home Hurts - Gr..."

Great book.

12:13:58 From Porscha Green : Reacted to "As a homeschool mom,..." with 🙌

12:14:12 From Amy : And then the problem can really become, once she separates to remove the children from greater daily influence by him, he will catch on and aggravate things and show up more and attack her more in front of the children or work to take the children out without her presence and then there's a whole new risk.

12:14:15 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: you had me..."

<https://readaloudrevival.com/bn/> is a good resource for faith informed book lists.

12:14:40 From Lynns : The movie the **Sounds of Freedom** has had amazing reviews. I am going to see it tmw. Thankful some theaters have captioned ability.

12:15:07 From Audrey Whitaker : I found the book **When Dad Hurts Mom** by Lundy Bancroft helpful. And showing the kids in scripture and by example who the Lord really is and what the fruit of the Spirit is and be in good community to see examples of truly Godly men.

12:15:29 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I found the book Whe..."

This is a great book.

12:15:45 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "I found the book Whe..." with ❤️

12:16:23 From Helenmary : QUESTION: Why do some children--older children-- create exaggerated or false memories and insist on those recollections? Describing episodes where others in family were there and they greatly distort the events? How can that best be handled?

12:16:41 From Kamilla : Evan Stark – “Coercive Control”

[https://www.amazon.com/Coercive-Control-Personal-Interpersonal-Violence-ebook/dp/B000SMY0CO/ref=sr\\_1\\_1?crid=UD8U9YPI1EP3&keywords=evan+stark&qid=1673382846&srfix=evan+stark%2Caps%2C92&sr=8-1](https://www.amazon.com/Coercive-Control-Personal-Interpersonal-Violence-ebook/dp/B000SMY0CO/ref=sr_1_1?crid=UD8U9YPI1EP3&keywords=evan+stark&qid=1673382846&srfix=evan+stark%2Caps%2C92&sr=8-1)

12:16:57 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: you had me..."

Book list on empathy: <https://www.commonsemmedia.org/lists/books-that-teach-empathy>

12:17:06 From katharine : Reacted to "As a homeschool mom,..." with ❤️

12:17:17 From Audrey Whitaker : Replying to "I found the book Whe..."

There is part where he talks about teaching your kids to band together and I loved that, because the abusive parent will seek to sow discord between them. Then they have each other as supports when mom isn't around.

12:17:17 From Tara : Reacted to "Book list on empathy..." with ❤️

12:17:39 From Tara : Reacted to "As a homeschool mom,..." with ❤️

12:17:46 From Kamilla : Lundy Bancroft - “When Dad Hurts Mom”. <https://a.co/d/0Pv9icL>

12:18:17 From Audrey Whitaker : Reacted to "Lundy Bancroft - “Wh...” with ❤️

12:18:21 From Amy : It took me 9 years before I risked hanging a picture on the wall on my own. And then I feared his response...

12:19:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: Why do so..."

Without more information, I would say it could be a coping mechanism or the memories aren't necessarily false. It could be in how the child is experiencing something that makes it seem distorted to someone not them. Again, it's hard to answer this without additional context, but generally it depends on so many factors. It depends on the age of the kid, etc.

12:19:56 From Audrey Whitaker : Yes you can tell with cc the abuser does not like seeing their children thrive and gain independence, and find their own passions, because they want to be their source of everything in life.

12:20:10 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "It took me 9 years b..."  
I'm sorry. That is really hard.

12:20:22 From Kamilla : ADVOCATES: Educate, Empower, Equip and Encourage

12:20:49 From Deborah Stahl Waters : Reconnecting Deborah Stahl Waters- GA

12:21:11 From Kamilla : Listen 90%. Talk 10%. -Dr Debra Wingfield

12:21:43 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Listen 90%. Talk 1..."

WAIT - Why Am I Talking?

WAIST - Why Am I Still Talking?

12:22:55 From Kamilla : Mending the Soul: Understanding and Healing Abuse - Tracy and Tracy.  
<https://a.co/d/47BQ88y>

12:23:58 From Amy : My husband would tell me that regularly: "The mother sets the tone of the home."

12:24:05 From Tina Lawson 🌻 : Reacted to "Mending the Soul: U..." with 👍

12:24:06 From Audrey Whitaker : YES this slide is so good

12:24:08 From Nicole Toyne : Reacted to "ADVOCATES: Educate, ..." with 🙌

12:25:10 From Lynn : QUESTION: What can we do if our kids are in their 30's? *I have seen adult children in their 30's change as mother becomes healthier.*

12:25:31 From katharine : my father could see my mother's (abusive) treatment of me was wrong, but loyalty to her prevented him from saying that to me. when he finally did when I was about 18 it was incredibly validating but rather late.....

12:26:27 From sue penn : Sue Penn signing back in. I lost audio.

12:26:53 From Kendra : Smart girl!

12:26:54 From Amy : Replying to "my father could see ..."

I'm so sorry you had to wait that long...

12:27:37 From katharine : Reacted to "I'm so sorry you had..." with ❤️

12:27:52 From Tina Lawson 🌻 : Thank you Brook, Such hard TRUTH...

I'm a living example little by little I'm getting healthy & living as a (TRUTH: Seeker, Liver & Teller) so my middle adult daughter is seeing it ( 🙌 for other 2 that are still enmeshed in the church w' my x).

12:28:01 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Thank you Brook, Suc..." with ❤️

12:28:02 From Amy : I don't understand why the courts think this is okay to do to these kids!

12:28:19 From Nicole Toyne : I cannot imagine the painful manipulation of Gods children. Praying for you mommas!

12:28:38 From Tina Lawson 🌻 : Reacted to "I cannot imagine the..." with ❤️

12:29:36 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: What can ..."

Keep doing the work on yourself and model that for your children. It really does make a difference. I know you are doing this but pray God's word over them. Love them the way they need to be loved as Christ loves them.

12:29:58 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Thank you Brook, Suc..."

Love hearing this!

12:30:22 From Tina Lawson 🌻 : Replying to "I cannot imagine the..."

Thank you...most painful 💔 thing as a mom to watch how their father is using our children to harm me (their mom)...all objects for his use 🐱

12:30:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Keep doing the work ..." with ❤️

12:30:46 From Sheri Millenbaugh (Faber) OHIO : AMEN to inroads!!!

12:30:51 From Tina Lawson 🌻 : Reacted to "Love hearing this!" with ❤️

12:31:23 From Amy : Reacted to "Thank you...most painf..." with 🙌

12:31:26 From Kamilla : "How He Gets in Her Head" - Don Hennessey.  
<https://a.co/d/bnkhEGp>

12:31:34 From Angi Beery : Reacted to ""How He Gets in Her ..." with 👍

12:32:03 From Kendra : Reacted to "Keep doing the work ..." with ❤️

12:32:11 From Helenmary : QUESTION: My daughter asked me this morning why there is SO MUCH on-line on Narcissistic/Abusive MOTHERS, and it seems much less to her on FATHERS? It confuses her, for there is MUCH MORE on ABUSIVE HUSBANDS? Seems an imbalance in information distribution that doesn't really coincide or add up to what the statistics reflect on perpetrators and victim profile.

12:33:54 From Tina Lawson 🌻 : I now say "1 HEALTHY parent 50% of the time is better than 2 unhealthy parents...sadly I didn't know as I thought I was protecting my girls & doing what God wanted ...can't go back but LIVE IN FREEDOM & be an example today (loving me well) 🥰

12:35:05 From DeniseS : Reacted to "Thank you Brook, Suc..." with ❤️

12:35:14 From Amy : My husband would tell me that shy children are "prideful and selfish".

12:36:06 From Brooke Eggen, CTPM Advocate Coordinator : <https://child.tcu.edu/karyn/> is a great resource for developing health relationships with children to counteract coercive control. She started helping adoptive/foster parents but many of the core issues are the same.

12:37:00 From Amy : Replying to "https://child.tcu.ed..."

Thanks Brooke. She looks fantastic!

12:37:24 From Keri Drowatzky : This may sound like a stupid question: have there being any incidences where the lady has taken any big object to smash a window in order to get out of the home if being isolated? If there are locks on the outside of the doors this seems to be the only way or getting through the under side of the house through crawl spaces and storing items needed in order to get away when the abuser is away.

12:37:28 From Nicole Toyne : Reacted to "Thank you...most painf..." with 😊

12:38:07 From Nicole Toyne : Replying to "I cannot imagine the..."

I never had children, with these courses, it opens my eyes to watch my surroundings.

12:38:24 From Amy : Replying to "This may sound like ..."

If she does that, there will be a huge price to pay. Often, the fear of risking this keeps her inside.

12:38:41 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: My daught..."

**Mothers on Trial:** <https://www.amazon.com/Mothers-Trial-Battle-Children-Custody/dp/1556529996>

**From Madness to Mutiny:** [https://www.amazon.com/Madness-Mutiny-Mothers-Running-Northeastern/dp/1555536565/ref=sr\\_1\\_1?crd=QCBEHSLNQX22&keywords=madness+to+mutiny&qid=1689093467&s=books&prefix=madness+to+mutiny%2Cstripbooks%2C168&sr=1-1](https://www.amazon.com/Madness-Mutiny-Mothers-Running-Northeastern/dp/1555536565/ref=sr_1_1?crd=QCBEHSLNQX22&keywords=madness+to+mutiny&qid=1689093467&s=books&prefix=madness+to+mutiny%2Cstripbooks%2C168&sr=1-1)

**Both address the historical reasons there is an imbalance in society regarding understanding and reporting male coercive control**

12:38:43 From Amy : Reacted to "I never had children..." with 👍

12:38:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "https://child.tcu.ed..."

This is a fantastic resource. I've heard of her.

12:38:48 From Nicole Toyne : Replying to "This may sound like ..."



12:39:02 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "https://child.tcu.ed..."

@Tabitha Westbrook, LMFT, LCMHC, LPC I listen to her podcasts. So good!

12:39:06 From katharine : anxiety and depression'

12:39:09 From Jennifer's Tablet : Social anxiety comes to mind

12:39:11 From Lisa Velasquez : They would have difficulty in relationships!

12:39:12 From Ariella : Sense of shame for the kids

12:39:17 From Naomi Jubilee : They stop allowing themselves to have interests in extracurriculars because dad's answer is always no

12:39:19 From Ladonna : They miss out on basic skills of interacting with tellers, waitresses etc.

12:39:23 From Hannah : The child would definitely have a hard time with how to interact with peers.

12:39:23 From Amy : It decreases the children's opportunities to learn and stunts their personhood.

12:39:23 From Keri Drowatzky : Arrested age maturity

12:39:24 From Kim : It would make shy

12:39:27 From Naomi Jubilee : Withdraw from community/social interaction

12:39:29 From Suzanne Jones : They're view of a balance life would be very skewed

12:39:31 From Priscilla : Stunt their development

12:39:32 From gretchen sewart : Second guess themselves constantly

12:39:33 From Vanessa Satterfield : The child might feel broken as compared to their friends.

12:39:46 From Priya : Isolation, losing the community interactions

12:39:48 From Amy Paquette : This was my childhood. I felt like my voice never mattered. Also, I was scared of new experiences.

12:39:52 From Becky Sewell : It teaches children how to shut down.

12:39:55 From Deborah Stahl Waters : Arrested development

12:40:04 From Lisa Henderson Victoria Campbell : Depression from less knowledge than peers

12:40:10 From Bethany Harman : Replying to "This may sound like ..."

No social skills, gives them anxiety, depression, no interest for extra curricular actives or even the clothes that they wear (no sense of self), etc.

12:40:38 From Karin Shadle : It would leave them without any skills to engage with others outside the walls of their home and handicap them for the rest of their lives. I have witnessed this. Very bad choices result that put them in danger

12:40:38 From Beth Burke : can't do "normal things" like order a meal or a pizza, go to a party, beat self up for every decision

12:40:52 From Porscha Green : increase disassociation from real life

12:41:20 From Tara : They think their life is normal because they don't know anything different

12:41:34 From Keri Drowatzky : Belief everyone is like their abuser, no trust, no belief in life being worth living

12:41:38 From Amy : I think it would leave them feeling isolated and could perpetuate this mindset when they are parents

12:41:51 From Jennifer's Tablet : Yup that was me. Maladaptive daydreaming

12:42:11 From Karin Shadle : The results can lead to suicide, drug use, promiscuity and a complete distrust for any good limits God has for humans found in scripture

12:42:15 From katharine : can develop unhealthy self-image (I am a loner, a loser, always on the outside looking in, etc)

12:42:26 From Nicole Toyne : Reacted to "The results can lead..." with 👍

12:42:31 From Amy : Reacted to "Yup that was me. Mal..." with 🙌

12:42:37 From Bethany Harman : Reacted to "I was molested as a ..." with ❤️

12:42:40 From Brooke Eggen, CTPM Advocate Coordinator : You guys are amazing!!!

12:43:14 From Bethany Harman : Replying to "Do these effects sti..."

I'm so sorry that happened to you. I'm glad you were able to get therapy

12:43:21 From Brenda Carpenter : their own self and identity/interest are oppressed. Therefore, their personality becomes overlayed with perpetual sadness.

12:43:50 From Tina Lawson 😊 : Those were ALL things that happened to me (married at 17)...

I didn't know how to pump gas in my 50s when separated ...Had to ask my x permission to do anything?!? 🤔

It was my normal...

12:43:55 From Naomi Jubilee : I think as they reach young adulthood, it makes it difficult to make their own decisions and have an automatic self-limiting on allowing themselves to have interests because they are just so used to it, they adopt dad's lifestyle as the "correct" lifestyle

12:44:10 From Helenmary : Reacted to "Mothers on Trial: ..." with 👍

12:45:19 From Porscha Green : That was me. Seeing the lives of other families help me see what healthy interactions and families actually look like

12:45:59 From Amy : Replying to "That was me. Seeing ..."

Which leaves an ache and sadness in their hearts because they don't have that.

12:46:01 From Porscha Green : Thank God my mom built community and connections with others after all that we experienced

12:46:08 From Keri Drowatzky : This makes them nothing but robots. Kids can't do anything without commands being inserted by the abuser. Kids never learn to do for themselves, never learn to think for themselves.

12:46:39 From Bethany Harman : Sorry I'm not sure what happened to my response to this question. I basically just said most of the things already mentioned, anxiety, depression, that they lose their identity and have no sense of self. They believe the dynamics of their home are normal and can take that later with them into adulthood.

12:46:52 From Porscha Green : Replying to "That was me. Seeing ..."

@Amy It does leave an ache but they were also a part of our "tribe". They loved me like I was their own

12:46:55 From Amy : Reacted to "Thank God my mom bui..." with ❤️

12:47:08 From Amy : Reacted to "This makes them noth..." with 100

12:48:09 From Amy : Reacted to "@Amy It does leave a..." with ❤️

12:48:18 From Lisa Velasquez : Off topic, but when can we register for the 2024 Retreat?

12:49:06 From Kamilla : Here are the dates: CTPM Retreat – 2024!! May 2-5, 2024

12:49:29 From Porscha Green : Replying to "Sorry I'm not sure w..."

They can take them into adulthood and they can be restored/redeemed.

12:49:41 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Off topic, but when ..."

Soon! We will let you know!

12:49:58 From gretchen sewart : <https://www.thecodding.com/>

Excellent book that underscores the importance of children's free play, developing their own interpersonal skills

12:50:03 From JoAnna Schultz : Big Life Journal has some great resources for kiddos. I use their resources for my own children and with the families I work with as a trauma-informed speech and language therapist. [www.biglifejournal.com](http://www.biglifejournal.com)

12:50:11 From Jennifer's Tablet : One of the reasons it heavy is I bet a lot of us survivors are realizing ooooooh that's me. That's my childhood. The puzzle pieces start to slip into place. I don't have kids but it very enlightening about being a cycle breaker

12:50:20 From Tina Lawson 😊 : Question 🤔

Do you find that it's many times the abusers mom or other toxic family member (or church) keep the kiddos confused 😞 ...in my case my x MIL is quite abusive as well (her son can do no wrong)...so there's generational trauma...I'm Living in FREEDOM & breaking that cycle...PTL 🙌

We ARE STRONGER than ever & KNOW A Loving God ❤️

12:50:41 From Brooke Eggen, CTPM Advocate Coordinator : Yes, Porscha!! Good word!

12:51:06 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Yes, Porscha!! Good ..."



Agreed!! Amen to that Porsche!

12:51:09 From JoAnna Schultz : <https://biglifejournal.com/>

12:51:18 From Lynn : Thanks Porscha! That's encouraging

12:51:21 From Lisa Velasquez : Replying to "Off topic, but when ..."

Thank you!

12:51:26 From Helenmary : Very good help and insights--thank you so much.

12:51:28 From Tina Lawson 😊 : Love the team teaching ❤️

12:51:28 From JoAnna Schultz : Replying to "Big Life Journal has..."

<https://biglifejournal.com/>

12:51:29 From Jennifer's Tablet : Also even though many of us married abusers we also chose the path of empathy and compassion which is why we are in this class. So that's hopeful

12:51:46 From Lisa Velasquez : Replying to "Also even though man..."



12:51:46 From Tina Lawson 😊 : Reacted to "Thanks Porscha! Tha..." with ❤️

12:51:55 From Tina Lawson 😊 : Reacted to "https://biglifejourn..." with ❤️

12:52:04 From Porscha Green : Reacted to "One of the reasons i..." with ❤️

12:52:29 From Porscha Green : Reacted to "Question 🙄

Do y..." with ❤️

12:52:45 From Amy : **The counselor that the probation officer found for my son and me, believes that our counseling is just about me and my son; he said that my husband isn't part of the counseling. I don't see how my son will understand the reality of our situation and that I was being coercively controlled without the counselor understanding my husband's puppeteering.** *This is important for the counselor to understand the entrapment process of the abuser to help untwist the messages given to your son.*

12:52:59 From Porscha Green : Reacted to "Yes, Porscha!! Good ..." with ❤️

12:53:04 From Porscha Green : Reacted to "Agreed!! Amen to tha..." with ❤️

12:53:11 From Porscha Green : Reacted to "Thanks Porscha! Tha..." with ❤️

12:54:04 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Also even though man..." with ❤️

12:54:05 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "The counselor that t..."

You can self-advocate. Use this information to help you express your experience. "I did this because dad said I was only allowed to do XYZ."

12:54:23 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "The counselor that t..."

Probably not the best wording, but something along that line could be helpful.

12:54:29 From Lisa Velasquez : A few of my clients have reported that their ex installed cameras in the childrens' bedrooms!!!

12:55:01 From Sheri Millenbaugh (Faber) OHIO : My husband would not let me shower alone.

12:55:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "A few of my clients ..."

Yep, same.

12:55:51 From Amy : My husband shut off wifi and removed the cord from the computer. My counselor told me to go buy another one. I was shocked that it was okay for me to do that without his permission! Then he cut off landline. For a couple years, our boiler was having issues and while he lived in his office basement, we were told to just press the reset button on the boiler if we noticed it was "off." For a couple years we did this until we came home from a trip and the house was 35 degrees. Our mattresses were like cement. kids and I bundled under duvets while he went to the office.

12:56:48 From Nicole Toyne : Nicole Toyne, rejoined, computer shut off.

12:57:51 From Tabitha Westbrook, LMFT, LCMHC, LPC : Clients have told me they had to stand outside if he wanted to nap, but they couldn't leave or go anywhere, food would be restricted, etc.

12:58:24 From Naomi Jubilee : Mine had cameras on the outside of the house and in his inside office(so he'd see if I tried to turn them off) and monitored me on a second screen from work

12:58:26 From gretchen sewart : Husband: no, you can't take a tutoring job; you don't have time

12:58:32 From Helenmary : My ex loaned me a car with listening device in it. I never felt comfortable in it--knew there was something wrong. He said it was my car, but it was in his name and he eventually came in the middle of the night and took it. It was a good thing I never put anything in it of mine--

12:58:32 From Tabitha Westbrook, LMFT, LCMHC, LPC : Recovery looks like reminders that these aren't normal behaviors. Trying new things in little bits.

12:58:36 From Monica Malisos : Control of mvmt, coercive.. Tools 2 get us to recover.... Walk in Nature. Binaural beats while walking.

12:58:37 From Gwendolyn Hertzler : This is the most horrible story I've ever known.

<https://meaww.com/missouri-duo-forced-parents-of-4-year-old-to-sexually-abuse-her-with-object-before-killing-her> *This is a horrible case of ritual abuse.*

12:59:08 From Beth Burke : help our sisters to talk about ways she can empower the kids, empower her by understanding that even one good parent can make a difference

12:59:30 From Amy : Replying to "Clients have told me..."

Oh yes! I once dared to take my two young children and week old baby on a walk so he could nap. When we noticed the window blinds lifted, I knew we could go back in the house. He raged at me for "stealing time from him and the children" because I left the house without him knowing where we were!

12:59:38 From Monica Malisos : If ex hadn't sent daughter phone in a box, no way I'd've set it up

12:59:52 From Suzanne Jones : I learned after 15 years of homeschooling small children in rural Texas that when we moved to an active church life that dynamic changed everything

12:59:53 From Tina Lawson 🌻 : Replying to "My ex loaned me a ca..."

Manipulative Kindness 😞

12:59:57 From Porscha Green : Acknowledging her strengths

13:00:00 From Tina Lawson 🌻 : Reacted to "My ex loaned me a ca..." with 🙄

13:00:03 From Bethany Harman : I have experienced where I had to let the baby cry and then other times have to keep the baby quiet. I have also had my keys taken away. He would come home from work when I told him I was going to leave to keep me physically restrained.

13:00:09 From Naomi Jubilee : Success stories

13:00:12 From Nicole Toyne : Encouraging her strengths.

13:00:13 From Audrey Whitaker : my ex was very paranoid and tried to get us to view everyone with extreme suspicion, it was more covert than overtly controlling. we knew not to make him angry, he had a loaded gun on him at all times because who knew when he would need to use on a bad guy...

13:00:17 From Ladonna : Encourage her to take little steps toward community

13:00:20 From Joy Parks : Question: suggestions for equipping my 7 year old granddaughter as I hear her being told, "You don't understand how bad a night we had with the baby, if you wake the baby up, I'm going to be so angry".

13:00:21 From Porscha Green : Identifying ways she has made strides in life

13:00:23 From Tina Lawson 🌻 : Reacted to "Recovery looks like ..." with ❤️

13:00:25 From Gwendolyn Hertzler : Mary was kept locked in a room, and when the other adults were gone, she was monitored in her interaction with the children on a camera. And they would instruct her over video to beat harder, and they would beat her, and made her believe that she had a demon and the child would be just like her if she didn't do what they said.

13:00:32 From Gwendolyn Hertzler : Sorry, I was behind.

13:00:44 From Amanda Natividad : Allow her to make choices and be creative

13:00:46 From Jennifer's Tablet : Being in a survivor group so she knows she's not "crazy" it's grounding and affirming

13:00:50 From Helenmary : Encourage her that these can be seasons and can CHANGE, especially in context of SUPPORTIVE COMMUNITY

13:00:50 From Christy : Helping her see her strengths and skills

13:00:57 From Bethany Harman : Yes definitely community is key! Just being kind and open for people to talk with you.

13:00:57 From Sheri Millenbaugh (Faber) OHIO : When I meet with my advocate for the 1st time I could see that she was living proof that we can get out & help others.

13:01:05 From Lisa Velasquez : Helping her establish healthy social connections, e.g. walking group with women, church, etc.

13:01:09 From Dayna Martin : Asking What "gives you life?"

13:01:09 From Vanessa Satterfield : She's probably going to be hyper focused on safety so helping her come up with some back door ways to meet others.

13:01:15 From Beth Burke : I have insisted on having tough conversations with my adult kids about the impact of their dad's actions on their lives as adults. help them see what we did right and wrong as their parents so that they won't pass on the same mistakes

13:01:16 From Nicole Toyne : Show up for her, several times a week so she is not alone.

13:01:31 From Audrey Whitaker : equipping yourself, equipping your kids and being in a healthy community, to know you aren't crazy

13:01:32 From Kim : Encourage them, church is a great exit plan.

13:02:20 From Karin Shadle : I did not have any confidence until my advocate explained to me that professionals like Dr. Debra had names and definitions for these tactics and that they are recognized to have dangerous impacts

13:02:25 From Helenmary : Baby-steps towards health, growth, focusing on the positive.

13:02:46 From Nicole Toyne : I believe we don't answer out of fear. Allowing them to think for themselves and affirming their choices.

13:03:03 From Porscha Green : Encouraging her to identify how she desires to live her life; defining her freedom. Utilizing scriptures and education to empower her. Going at her pace and normalizing her feelings

13:03:49 From Keri Drowatzky : Encouraging the kids to write small stories about their lives, about their individual selves and about their mom. Writing about what they see as good about themselves, just one little thing each day.

13:04:35 From Joy Parks : Replying to "Question: suggestio..."

Yes, not responsible for others anger. Thank you Tabitha. Hardly any access. no safe parent.

13:04:58 From Karin Shadle : My advocate asked me what I wanted to do. This was a wake up call. I had not been thinking in terms of being able to make my own decisions for decades. We need to show women that they have autonomy and can make decisions. They need to be led to a place of freedom where they see that their lives do not have to be filtered through the abuser's fantasy world.

13:05:06 From Kim : Family meetings! Some kids just want us to listen

13:05:10 From katharine : Reacted to "My advocate asked me..." with ❤️

13:05:16 From Tina Lawson 🤗 : Had a Pa friend here in Fl w' me (as my daughter couldn't come) & the Curves coach Advocate came out as she was saying NEGATIVE things about herself all the time...I asked her "would you say that to me"? Yet, it takes time to be MINDFUL 🥰

13:05:23 From Nicole Toyne : Puppy sounds like me 😊

13:05:36 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "My advocate asked me..." with ❤️

13:05:41 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Family meetings! Som..." with ❤️

13:06:06 From gretchen sewart : Puppy sounds like the controllers, hahaha

13:06:35 From Bethany Harman : How would you handle the situation of the ex is CC but then your own mom (grandma) uses CC to a certain extent?

13:06:40 From Brooke Eggen, CTPM Advocate Coordinator : There is so much collective wisdom here!! You guys have such a great insight!! I'm grateful to be here with you.

13:07:02 From Porscha Green : Reacted to "Family meetings! Som..." with ❤️

13:08:11 From Kendra : You can use dry erase markers on windows/mirrors to write Scripture.

13:08:18 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "You can use dry eras..." with ❤️

13:08:29 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Yes, not responsible..." with ❤️

13:08:43 From Porscha Green : Reacted to "There is so much col..." with ❤️

13:08:43 From Lisa Velasquez : The abuser will be held accountable.

13:08:53 From Porscha Green : Reacted to "You can use dry eras..." with ❤️

13:09:12 From Tina Lawson 😊 : Love these reminders ❤️

So helpful to my momma bears hurting heart 💔

13:09:27 From Tina Lawson 😊 : Reacted to "You can use dry eras..." with 👍

13:09:39 From Tabitha Westbrook, LMFT, LCMHC, LPC : Remember if your question did not get answered the team will get them in the transcript of the chat that will be posted.

13:09:46 From Lisa Velasquez : Paternal grandma?

13:09:52 From Tina Lawson 😊 : Reacted to "There is so much col..." with ❤️

13:09:53 From Bethany Harman : yes

13:10:06 From Lynns : Today was so much more interesting to listen to with many people sharing!

13:10:09 From Mary Sue Owsley : Replying to "The abuser will be h..."

Yes! We can leave our abusers in God's just and capable hands!

13:10:22 From Lisa Velasquez : Replying to "The abuser will be h..."

Amen!

13:10:28 From Tina Lawson 😊 : Replying to "There is so much col..."

Grateful for ALL you Amazing wise woman ❤️💜

13:10:46 From Beth Burke : Don't reward bad behavior, even if it is our parents

13:10:47 From Kendra : Reacted to "There is so much col..." with ❤️

13:10:47 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "There is so much col..." with ❤️

13:10:53 From Naomi Jubilee : I recently let my biological family go due to some issues like this, I'd start with trying boundaries

13:10:53 From Bethany Harman : thank you

13:11:30 From Rowena Slusser : Thanks so much for all y'all do. This was helpful. I need to go a few minutes early today.

13:12:00 From Suzanne Jones : I need to talk to somebody about a young woman who I am starting to talk with on a weekly basis who's mom singled her out as a target of abuse - middle child of 3 kids. I need some advice on helping this precious woman. Reach out to the advocate coordinators first, Brooke and Porscha

13:13:36 From Audrey Whitaker : Replying to "I recently let my bi..."

me too with most of my extended family members. still have a few trusted but the bulk is a no.

13:14:05 From Dayna Martin : I love that term "empathetic witness"

13:14:11 From Helenmary : I had to withdraw from ex's mother who was also controller--I drew boundaries. She was very negative and aggressive to NOT respect our boundaries. My thinking was we could use a good Grandmother if she ever decided to UPHOLD our healthy boundaries. As long as she DEFIED them and INTERFERED, we had to keep a firm boundary for everyone's peace. We never regretted that--Though she wanted us to feel guilty, we simply just placed the responsibility BACK on her, for it was HER CHOICES not to respect us that resulted in her not being able to be around the grandchildren.

13:14:16 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "I love that term "em..." with ❤️

13:14:24 From Tina Lawson 🌻 : Sadly I'm being treated like I never existed ...

13:14:43 From Tina Lawson 🌻 : Love you Porcha ❤️

13:14:45 From Keri Drowatzky : Gotta go.phone dying. Bye

13:15:03 From Lisa Velasquez : Thank you so much!!

13:15:13 From Joy Parks : What's his name?

13:15:16 From Bethany Harman : Replying to "I had to withdraw fr..."

thanks for the encouragement

13:15:20 From Tina Lawson 🌻 : Reacted to "I love that term "em..." with ❤️

13:15:21 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "What's his name?"

Patch

13:15:30 From Porscha Green : Reacted to "Love you Porcha ❤️ " with 💕

13:15:35 From Porscha Green : Replying to "Love you Porcha ❤️ "

I love you too!

13:15:37 From Joy Parks : Reacted to "Patch" with ❤️

13:15:38 From Beth Burke : Replying to "Sadly I'm being trea..."

❤️

13:15:46 From Helenmary : Thank you all for another amazing session. So much help and insights--so much wisdom. God Bless you all!

13:15:51 From Porscha Green : Replying to "Sadly I'm being trea..."

Someone sees you; especially God

13:15:55 From Tina Lawson 🌻 : Reacted to "I recently let my bi..." with ❤️

13:15:57 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Sadly I'm being trea..."  
I'm so sorry, Tina.

13:16:00 From Lisa Velasquez : Prayers for everyone!

13:16:03 From Naomi Jubilee : If you're interested in volunteering- we have some volunteer positions open for data entry/online work, please email [sandra@calledtopeace.org](mailto:sandra@calledtopeace.org) and mention "volunteer opportunities"

13:16:07 From Amy : Thanks so much!