

Video Replay: <https://vimeo.com/896283479/162f82a565?share=copy>

- 11:26:43 From Cathy Simmons Sage : Cathy Sage, White River Jct, VT
- 11:26:46 From Sheri Faber (Millenbaugh) : Sheri Millenbaugh Faber Ohio
- 11:26:54 From Pam Rook : Pam Rook, Sylvania, OH
- 11:27:08 From John : John Stonehocker in Oklahoma
- 11:28:19 From Melanie Haymond : It's court-ordered child abuse.
- 11:28:43 From John : Reacted to "It's court-ordered c..." with 👍
- 11:28:50 From Shannon Mullen : Shannon Mullen, Jamestown NY
- 11:28:57 From Vanessa Satterfield : Vanessa Satterfield - North Carolina
- 11:29:03 From Rachel Smith : Rachel Smith, Charlotte, NC
- 11:29:03 From Angi Beery : Angi Beery, Goshen, IN
- 11:29:11 From Laurie Tims : Laurie Tims, Des Moines, Iowa
- 11:29:27 From Chelsea Leonard : Merry Christmas! 🎄🎁 Chelsea Leonard Sweet Home Oregon
- 11:29:30 From Priscilla : Priscilla from Nanaimo, Canada
- 11:29:32 From Ann : Ann Lawrence Roxboro, NC
- 11:29:36 From rose : Rose in GA
- 11:29:36 From Amalia : Amalia Davis-Levittown, PA
- 11:30:12 From Laurie Tims : Going to miss these regular meetings! Glad we can come as able next year!
- 11:30:17 From Kendra Thurman : Kendra from Ohio.
- 11:30:20 From Amy Paquette : Amy Paquette, Albuquerque, NM
- 11:30:33 From iPhone : Melissa S NC/SC
- 11:31:05 From gretchen sewart : Gretchen from Richland, WA
- 11:31:11 From Tabitha Westbrook, LMFT, LCMHC, LPC : I mean, who wouldn't want to hang out with us on Tuesdays?
- 11:31:16 From Karen (Gallagher) Osborn : Karen Osborn, Upstate New York
- 11:31:19 From Jolene Underwood : Jolene Underwood, Ellicott City, MD
- 11:31:33 From Tara, Idaho : Tara, Idaho (Iphone -0442)
- 11:31:42 From Laurie Tims : Reacted to "I mean, who wouldn't..." with ❤️

11:31:45 From Tynetta : Tynetta Chastain from St. Louis

11:31:48 From Audrey Whitaker : Audrey Whitaker ks

11:31:51 From Kendra Thurman : If you want to continue in 2024, send an email (if you haven't already done so) to faith.advocacy8@gmail.com .

11:31:53 From Carrie : Carrie foldberg Williamsburg Va

11:31:57 From Allison Gaddy : Allison Gaddy, Louisiana

11:31:59 From Becki Johnson : Becki Johnson NY

11:32:03 From KAMILLA : If you would like to continue to join the class, please send an email to: faith.advocacy8@gmail.com

11:32:13 From Amy : Amy Albertsen Montana

11:32:16 From Deborah Stahl Waters : Deborah Stahl Waters ~ GA


11:32:18 From Jolene Underwood : QUESTION: If we started part way through the year, what happens?

11:32:20 From KAMILLA : 2024 He Makes All Things New Women's Retreat – May 2-5 in Lake Junaluska, North Carolina. Our theme is BELOVED! God calls us "His Beloved." He delights in us and invites us to know His deep, life-changing love!

Join Called to Peace Ministries (along with Chris Moles, Elyse Fitzpatrick, Darby Strickland, Renee Best and more) for an extended weekend and discover just how powerful it is to know our great God's love. We invite you to rest with us as we seek to unbind the lies, fear, and anxiety that past experiences of abuse have implanted into our hearts, and walk into the freedom and peace that come from the intimate knowledge of His love.


Learn more and register here:

<https://www.calledtopeace.org/survivor-healing-retreat/?mibextid=Zxz2cZ>

11:32:26 From Kendra Thurman : Reacted to "2024 He Makes All Th..." with 

11:32:28 From Hannah Lippert : Hannah Lippert, Stilesville, IN

11:32:47 From Rachel Tomazin : Rachel Tomazin - Columbus GA

11:33:19 From Marjorie Lea : Marjorie Lea in Texas - Merry Christmas everyone and so thankful for all you teachers and leaders have done this year for us all 

11:33:24 From Amy Henderson : Amy Henderson Pickens, SC

11:33:42 From Londa Eells : Londa Eells Conneautville PA

11:33:50 From KAMILLA : You can help us at the end of this year by donating at <https://calledtopeace.org> to our EOY Campaign.

11:34:04 From Nancy Kantsios : Nancy Kantsios from Virginia

11:34:29 From KAMILLA : Porscha Green

Advocate Coordinator (Eastern & Central Region, USA, & Onboarding)

<https://www.calledtopeace.org/about/who-we-are/porscha-green/>

porscha@calledtopeace.org

Brooke Eggen

Advocate Coordinator (Pacific & Mountain Region, USA)

<https://www.calledtopeace.org/about/who-we-are/brooke-eggen/>

brooke@calledtopeace.org

Advocacy Onboarding Form

<https://forms.gle/tnVDP6SRWpuzMj2D8>

Scheduling appointments to become an Advocate

<https://go.oncehub.com/AdvocacyOnboarding>

11:34:42 From Reenie Brown : Reenie Brown from Waxhaw, NC

11:35:12 From Melanie Haymond : What Joy said is very true. I don't take survivors through Called to Peace but the support and resources have been incredibly helpful for my advocacy through Refuge Ministries. I can't recommend it highly enough.

11:35:22 From Joy Forrest : Reacted to "What Joy said is ver..." with ❤️

11:35:36 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION: If we star..."

You should be added to the email list and have some messages about 2024. 😊

11:35:52 From Kendra Thurman : Reacted to "QUESTION: If we star..." with 💜

11:36:29 From Suzanne Jones : Suzanne at Pitt here

11:36:31 From Rochelle Walters : Rochelle Juola from Byrdstown TN

11:36:49 From Becki Johnson : Thank you for keeping us safe here!

11:37:40 From Laurie Tims : Reacted to "Thank you for keepin..." with ❤️

11:37:41 From Joy Forrest : Reacted to "Thank you for keepin..." with 👍

11:37:47 From Becki Johnson : QUESTION How do we access the BAND group?

11:38:41 From Chief : Gerry Bissell (aka Chief) Indpls IN

11:38:48 From KAMILLA : Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email: Brooke@Calledtopeace.org

11:38:50 From Karen (Gallagher) Osborn : I'm on an iPhone and I don't think my name is coming up! I am Karen Osborn from Upstate New York.

11:38:57 From Erica : Erica in Wichita KS

11:39:30 From Kendra Thurman : Replying to "I'm on an iPhone and..."

You are listed by your name. Thank you!

11:39:43 From KAMILLA : To attend a CTPM Support Group-
<https://docs.google.com/forms/d/e/1FAIpQLSevwhWOilrRI4M22UZ5c3GCoClnPzVacOD1yzJkxiT3m9ZzsA/viewform>

11:41:32 From Brenda Carpenter : Brenda Carpenter, California

11:41:35 From KAMILLA : REMINDER: 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!!

If your QUESTION is not answered in the live session, remember that the team will go back thru the chats and respond to any unanswered questions before the replay is sent later this week.

11:42:07 From Laurie Tims : QUESTION -I've been confused - I'm in BAND, I think the advocate one - but not one that survivors are in - what am I missing?

11:42:59 From Kendra Thurman : Reacted to "To attend a CTPM Sup..." with 

11:43:10 From Judy Beachy : Judy Beachy, Indiana

11:43:40 From Tabitha Westbrook, LMFT, LCMHC, LPC : Though this class is not as triggering as others, we know that triggers can be sneaky sometimes! If you feel triggered, breathe, use your five senses to help you ground, get up and move around, or step away if needed. Remember, you are the only you that you have!

11:43:57 From Becki Johnson : Reacted to "Though this class is..." with 

11:43:58 From peggybarrett : Peggy Barrett, Durham, NC signing in late...

11:44:07 From Joy : Joy Parks Great Falls, SC

11:44:56 From Karen (Gallagher) Osborn : Reacted to "You are listed by yo..." with 

11:45:59 From KAMILLA : ADVOCATES: Educate, Empower, Equip and Encourage

11:46:08 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "ADVOCATES: Educate..." with ❤️

11:46:13 From iPhoneTina Lawson : Tina here from Vero Beach, Florida 🌞

11:46:24 From iPhoneTina Lawson : Reacted to "ADVOCATES: Educate..." with ❤️

11:46:50 From Rebecca noel : Rebecca Noel from Tulsa OK

11:46:51 From Shepherds In The Field : Andre T North Carolina

11:47:23 From iPhoneTina Lawson : Replying to "ADVOCATES: Educate..."

Love this ...and keep learning "not up to me to fix"!

11:47:35 From Judy Caracheo, Crowns4Ruins LLC : Judy Caracheo Dallas Tx

11:49:54 From KAMILLA : **Contact Porscha or Brooke to get connected to the monthly Advocacy Meetings. This info is also on BAND.**

11:50:12 From iPhoneTina Lawson : Thank you for these reminders Tabi 💕

11:50:38 From Marjorie Lea : Isn't God awesome! A few weeks ago I woke up with a peaceful feeling and God's message to me: what is broken is not mine to fix. Praise God. It had become my mantra - on repeat!

11:51:05 From KAMILLA : Replying to "Contact Porscha or B..."

Porscha Green's email: Porscha@calledtopeace.org

Brooke Eggen's email: Brooke@Calledtopeace.org

11:51:21 From Mm : M Mali NC

11:51:27 From Angi Beery : Reacted to "M Mali NC" with 💜

11:51:30 From Angi Beery : Removed a 💜 reaction from "M Mali NC"

11:51:35 From Becki Johnson : Reacted to "Isn't God awesome! A..." with ❤️

11:51:36 From Angi Beery : Reacted to "Isn't God awesome! A..." with 💜

11:52:21 From Sheri Faber (Millenbaugh) : QUESTION

What hotline? <https://www.thehotline.org/>

11:52:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION

What hotli..."

Local DV hotline

11:52:48 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "QUESTION

What hotli..."

Or national <https://www.thehotline.org/>

11:52:49 From Laurie Tims : Yes - my brain is on this all the time. I keep needing to save myself from myself and it's a struggle!

Can DV awareness be an idol?!?

11:53:06 From Brooke Eggen, CTPM Advocate Coordinator : Brooke, Puyallup, WA

11:53:08 From Becki Johnson : Reacted to "Yes - my brain is on..." with ❤️

11:53:10 From KAMILLA : Replying to "QUESTION

What hotli..."

National Domestic Violence Hotline

800-799-7233

TEXT: National Violence 24/7 Hotline

88788

11:53:22 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Yes - my brain is on..."

Yes it can. Also it's super prevalent. You have to have intentional times of rest - where you let your brain decompress.

11:53:37 From Marjorie Lea : Replying to "Yes - my brain is on..."

Anything that distracts us from God can be an idol; even good things

11:53:49 From Karyn Russo : Hello! Karyn Russo, NY. I apologize for being late.

11:54:14 From Laurie Tims : Replying to "Yes - my brain is on..."

@Tabitha Westbrook, LMFT, LCMHC, LPC I really need to honor my family over break and disconnect. Following through with my boundaries is hard!

11:54:20 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "@Tabitha Westbrook, ..." with ❤️



11:54:25 From Becki Johnson : Reacted to "@Tabitha Westbrook, ..." with ❤️

11:54:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Yes - my brain is on..."


It is hard. Worth it, but def hard!!

11:54:41 From Laurie Tims : Reacted to "It is hard. Worth it..." with ❤️


11:55:05 From Brooke Eggen, CTPM Advocate Coordinator : That's what Diane Langberg has said. She's glad she isn't God. She says she has to find good things to focus on.

- 11:55:25 From Kendra Thurman : Reacted to "Though this class is..." with 
- 11:55:38 From Kendra Thurman : Reacted to "ADVOCATES: Educate..." with 
- 11:55:40 From Helenmary : Helenmary from Salem, VA. Sorry I'm late.
- 11:55:51 From Laurie Tims : Replying to "Yes - my brain is on..."

Are the practical steps here - breath, grounding exercises, pray, be in the word (DV stuff pops off every page at me!) and get a hobby?

- 11:56:18 From Kendra Thurman : Reacted to "Isn't God awesome! A..." with 
- 11:56:24 From Becki Johnson : Replying to "Yes - my brain is on..."

I find that I want to read this book and that book, learning as much as I can to help victims and survivors. It can become an obsession. Good idea to take the next couple of weeks, take the break and let my mind rest. Let God help me reset my focus.

- 11:56:38 From Laurie Tims : Reacted to "I find that I want t..." with 
- 11:56:38 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "That's what Diane La..." with 
- 11:56:38 From Kendra Thurman : Reacted to "That's what Diane La..." with 
- 11:57:48 From Joy Forrest : Reacted to "That's what Diane La..." with 
- 11:58:04 From Becki Johnson : Trusting that God is going to use their mistakes for their good and His glory, just like he did with us!
- 11:58:14 From Kendra Thurman : Reacted to "I find that I want t..." with 
- 11:58:26 From Joy Forrest : Reacted to "Trusting that God is..." with 
- 11:58:52 From Brooke Eggen, CTPM Advocate Coordinator : Mistakes are beautiful! We learn from them and Jesus already did the perfecting work needed to get to Heaven.
- 11:58:57 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Mistakes are beautif..." with 
- 11:59:01 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Trusting that God is..." with 
- 11:59:04 From Laurie Tims : Yes - huge thing I had to work on with my counselor. I don't trust that grace will be there when I do make mistakes.
- 11:59:08 From Becki Johnson : Reacted to "Mistakes are beautif..." with 
- 11:59:22 From Kendra Thurman : Reacted to "Yes - huge thing I h..." with 
- 11:59:22 From Becki Johnson : Reacted to "Yes - huge thing I h..." with 

11:59:22 From Laurie Tims : Reacted to "Mistakes are beautif..." with ❤️

11:59:25 From Kendra Thurman : Reacted to "Mistakes are beautif..." with 💜

11:59:25 From Laurie Tims : Reacted to "Trusting that God is..." with ❤️

11:59:33 From Joy Forrest : Reacted to "Mistakes are beautif..." with ❤️

11:59:33 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Yes - huge thing I h..." with ❤️

11:59:45 From Angi Beery : mistakes are opportunities to learn has been a quote I've gone back to often.

12:00:32 From Chelsea Leonard : Reacted to "Mistakes are beautif..." with ❤️

12:01:21 From Tabitha Westbrook, LMFT, LCMHC, LPC : We are responsible TO others, not FOR others.

12:01:29 From Angi Beery : Reacted to "We are responsible T..." with 💜

12:01:30 From Rebecca noel : I hear what you are saying and get it. But my mistake in marrying my abuser almost cost my life and my four kids' lives. I don't like making mistakes. I second guess myself. I overanalyze. I don't want to hurt anyone by doing or saying something stupid or whatever. I like to help people. I don't want anyone to live in abuse.

12:01:37 From Amy : Reacted to "Yes it can. Also it'..." with 🙌

12:01:48 From iPhoneTina Lawson : Wow Powerful Reminders Joy "we can't do it but GOD CAN" & Tabi "Giving them permission to make mistakes" as we survivors were never allowed to make them & believed the lie of "performance based acceptance "...Encouraging wisdom from All 3 or Y 🥰 U AMAZING Ladies 💖

12:01:52 From Kendra Thurman : Boundaries is something I'm still learning. My former church taught that they were selfish, and therefore sinful.


12:02:07 From Kendra Thurman : Reacted to "We are responsible T..." with 💜

12:02:13 From Judy Beachy : Reacted to "I hear what you are ..." with 💖


12:02:14 From iPhoneTina Lawson : Reacted to "We are responsible T..." with 🙌


12:02:20 From Judy Beachy : Reacted to "We are responsible T..." with 💜

12:02:29 From Becki Johnson : One of the reasons I got involved with my abuser was my desire to "save" him. It's a constant challenge for me to let go of the desire to "fix" or "save" others. I'm getting better at it as I get healthier. These classes help to renew my mind and break that pattern. Not perfectly. But better and better.


12:02:31 From Judy Beachy : Reacted to "Mistakes are beautif..." with 


12:02:31 From Mm : Agree 2 not Enable


12:02:55 From Mm : Reacted to "Boundaries is someth..." with 


12:03:11 From Joy : Reacted to "Boundaries is someth..." with 

12:03:24 From Laurie Tims : Replying to "One of the reasons I..."
Beautiful!

12:03:33 From Becki Johnson : Reacted to "I hear what you are ..." with 


12:03:43 From Becki Johnson : Reacted to "Boundaries is someth..." with 

12:03:57 From iPhoneTina Lawson : Reacted to "I hear what you are ..." with 


12:04:36 From iPhoneTina Lawson : Reacted to "Boundaries is someth..." with 


12:04:43 From Shonquella Terrell : Hello Beauiful people:) Shonquella, Holly Springs, NC


12:04:52 From Gunita : Gunita P. - Miami, FL


12:04:53 From Becki Johnson : Reacted to "Hello Beauiful peopl..." with 


12:04:54 From iPhoneTina Lawson : Replying to "Boundaries is someth..."
Me too!


12:05:00 From Joy Forrest : Reacted to "Hello Beauiful peopl..." with 


12:05:08 From Laurie Tims : Reacted to "Boundaries is someth..." with 

12:05:16 From Laurie Tims : Reacted to "Hello Beauiful peopl..." with 

12:05:39 From iPhoneTina Lawson : Reacted to "We are responsible T..." with 


12:05:55 From iPhoneTina Lawson : Reacted to "mistakes are opportu..." with 

12:06:05 From Joy Forrest : Reacted to "One of the reasons I..." with 

12:06:13 From iPhoneTina Lawson : Reacted to "Yes - huge thing I h..." with 

12:06:28 From iPhoneTina Lawson : Replying to "Yes - huge thing I h..."
Me too!

12:07:15 From Laurie Tims : it's so freeing to NOT tell them what to do. To not have the responsibility.
Victims strengthen their autonomy and choice making muscles when they make their own decisions

12:07:24 From Angi Beery : Reacted to "it's so freeing to N..." with 

12:07:40 From Rebecca noel : Reacted to it's so freeing to N... with " 😊 "

12:08:00 From Becki Johnson : Reacted to "it's so freeing to N..." with 💜

12:08:15 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "it's so freeing to N..." with
❤️

12:08:21 From Kendra Thurman : Reacted to "One of the reasons I..." with 💜

12:08:44 From Joy Forrest : Reacted to "it's so freeing to N..." with 💜

12:08:47 From Kendra Thurman : Reacted to "it's so freeing to N..." with 💜

12:09:13 From iPhoneTina Lawson : I too don't think "shaming" will ever help ...my therapist
Never even tells me what to do..(even though I've wanted her to at times).
Beautiful, wise & Gracious answers All you ladies...I so love the TEAM here 💕

12:09:22 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I too don't think "s..."
Shaming never, ever helps.

12:09:24 From Marjorie Lea : "Not my monkey, not my circus"

12:09:30 From Laurie Tims : Reacted to "I too don't think "s..." with 💕

12:09:36 From Becki Johnson : Reacted to "Shaming never, ever ..." with ❤️

12:09:38 From Laurie Tims : Reacted to ""Not my monkey, not ..." with 👍

12:09:39 From Becki Johnson : Reacted to "I too don't think "s..." with ❤️

12:09:48 From Becki Johnson : Reacted to ""Not my monkey, not ..." with ❤️

12:10:05 From Kendra Thurman : Reacted to ""Not my monkey, not ..." with 💜

12:10:14 From Rebecca noel : Reacted to "Not my monkey, not ... with " 👍 "

12:10:42 From Angi Beery : Reacted to "Shaming never, ever ..." with ✨

12:11:15 From iPhoneTina Lawson : Yes, I do that in my life as well "make a list of positive &
negatives" to help make my decision!
It's Empowering after I (she) may have been told "you can't make it without me (abuser)".


12:11:23 From gretchen sewart : In pregnancy resource centers, we have the same approach. (It's
her choice; explore the options together; she, not we, live with the consequences.)

12:11:28 From iPhoneTina Lawson : Reacted to ""Not my monkey, not ..." with 👍

12:11:34 From Cheri - Noah Dyson 9 Alpha : Cheri Dara Peachtree City, GA


12:11:50 From Tara, Idaho : I also take ownership and responsibility for if and or, when, I have said to much or tried to "fix". When I get that check in my spirit, or have learned better, I have no problem letting them know. They aren't used to someone coming seeking forgiveness, so it means a lot to them. I say, "when we know better, we do better."

12:12:07 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "I also take ownershi..."
So important!!

12:12:07 From Kendra Thurman : Reacted to "I also take ownershi..." with 

12:12:27 From Laurie Tims : Reacted to "I also take ownershi..." with 

12:12:30 From Mm : I have been feeling all these apprehensions about being an advocate all year. maybe insert sooner in class timeline?


12:12:31 From Joy Forrest : Reacted to "In pregnancy resourc..." with 


12:12:36 From iPhoneTina Lawson : Yes Tabi 38 for me & still sometimes struggle making decisions but I do it 🙌🦋❤️

12:12:55 From Christine Felser : Christine Felser King of Prussia PA


12:13:09 From Laurie Tims : Replying to "I also take ownershi..."

right. Particularly not from men - but that's another story.


12:13:30 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I also take ownershi..." with 

12:13:35 From iPhoneTina Lawson : Reacted to "I also take ownershi..." with 

12:14:00 From Becki Johnson : My daughter is going through a divorce. She wanted to send an email to the mediator to confront his bad behavior. She wrote it and then asked me to help her edit it. It was a collaborative effort. Because she had written down everything she wanted to express, I simply helped her to make it more concise and impactful. I could be a little more involved because she's my daughter, I think.


12:14:22 From Laurie Tims : Reacted to "My daughter is going..." with 

12:15:08 From Tara, Idaho : Reacted to "I also take ownershi..." with 

12:15:10 From Tara, Idaho : Removed a  reaction from "I also take ownershi..."

12:15:59 From Becki Johnson : Reacted to "right. Particularly..." with 

12:16:25 From Kendra Thurman : Remember to take good care of yourself - if you are feeling triggered, take some time to step away, take deep breaths, stretch, etc. You can come back and watch the recording.

12:16:27 From Joy Forrest : Reacted to "My daughter is going..." with 

12:16:34 From Becki Johnson : Reacted to "In pregnancy resourc..." with ❤️

12:17:30 From Mm : *not depressed= 👍 just overwhelmed

12:18:06 From Rachel Tomazin : Switched to cell phone. Rachel Tomazin - Columbus GA

12:18:15 From Joy Forrest : And you come to resent people asking for help.

12:18:27 From Becki Johnson : Reacted to "*not depressed= 👍 j..." with 👍

12:18:33 From Becki Johnson : Reacted to "And you come to rese..." with 😞

12:18:43 From Kendra Thurman : Self Care is such a foreign idea for those of us who have been trained/taught to take care of everyone else first/only.

12:18:55 From Becki Johnson : Reacted to "Self Care is such a ..." with 😞

12:19:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Self Care is such a ..."

Yep, but such a vital part of healing!

12:19:09 From Kendra Thurman : Reacted to "Yep, but such a vita..." with 💜

12:20:07 From Joy Forrest : **Somebody asked about the hotline. It's a 24 hour crisis response line for DV/CC. You can access it online at thehotline.org.**

12:20:08 From Laurie Tims : so good to hear this. honoring your children in this. My counselors says, "pay very close attention to the feedback you are getting from your family."

12:20:09 From iPhoneTina Lawson : Reacted to "Yep, but such a vita..." with 😍

12:20:17 From Joy Forrest : Reacted to "so good to hear this..." with 👍

12:20:21 From Becki Johnson : Replying to "Self Care is such a ..."

Very true! We were taught to put everyone else first and neglect ourselves to the point of near death. "Die to yourself" became a toxic demand rather than being properly interpreted.

12:20:42 From Kendra Thurman : Now, with the layers of support available through Band, your survivors will have help, even when you as an Advocate need to take a break.

12:20:47 From Becki Johnson : Reacted to "so good to hear this..." with ❤️

12:20:57 From Kendra Thurman : Reacted to "so good to hear this..." with 💜

12:21:17 From Joy : Reacted to "Now, with the layers..." with ❤️

12:21:37 From Tabitha Westbrook, LMFT, LCMHC, LPC : They were really good donuts. I might dream of the creme brûlée ones...

12:22:13 From Judy Beachy : Thanks, Brooke. I needed to hear this about travel being the care I need to take to be able to keep doing this work. Travel totally recharges me, but I've told myself the same things about it being wasteful and selfish. Thank you.

12:22:27 From Kendra Thurman : Replying to "They were really goo..."



12:22:28 From iPhoneTina Lawson : Replying to "Self Care is such a ..."

For sure ...so much freedom in knowing Gods ❤️ & He Calls Us to Love ❤️ & Stewart the 1 Precious life He Gave Us 🙏❤️

12:22:29 From Laurie Tims : right! being used to having to justify myself to satisfy the abuser - still recovering!

12:22:47 From Laurie Tims : Reacted to "Very true! We were t..." with 👍

12:22:56 From Shonquella Terrell : That Great to know Thank you:)

12:23:01 From Judy Beachy : Reacted to "I also take ownershi..." with 👍

12:23:03 From iPhoneTina Lawson : Reacted to "Self Care is such a ..." with 😬

12:23:07 From Angi Beery : Reacted to "Thanks, Brooke. I n..." with 💜

12:23:23 From iPhoneTina Lawson : Reacted to "so good to hear this..." with ❤️

12:23:26 From Shonquella Terrell : Reacted to "They were really g..." with ❤️

12:23:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Thanks, Brooke. I n..."

Travel, if it gives you life, has a much bigger return on investment than what you spend!

12:23:35 From Judy Beachy : Reacted to "so good to hear this..." with 🙌

12:23:38 From Becki Johnson : Reacted to "They were really goo..." with ❤️

12:23:46 From Judy Beachy : Reacted to "Travel, if it gives ..." with ❤️

12:23:47 From Becki Johnson : Reacted to "right! being used t..." with ❤️

12:23:56 From Kendra Thurman : Reacted to "Thanks, Brooke. I n..." with 💜

12:24:01 From Becki Johnson : I love the concept that Rebecca Davis talks about of "capacity." Giving myself permission to tune in to my own limitations and accept the fact that I only have so much capacity. Pushing myself past my limits doesn't serve anyone well. Spreading myself too thin won't be honoring my responsibilities.

12:24:02 From Judy Beachy : Replying to "Thanks, Brooke. I n..."

Thanks, Tabi.

12:24:02 From iPhoneTina Lawson : Reacted to "right! being used t..." with ❤️

12:24:05 From Kendra Thurman : Reacted to "Travel, if it gives ..." with ❤️

12:24:17 From Mm : How can we take this role and turn it into a paid career w/o financial burdens of extra schooling that I can't afford?

12:24:24 From Judy Beachy : Reacted to "Yep, but such a vita..." with 🍷

12:24:24 From Becki Johnson : Reacted to "Travel, if it gives ..." with ❤️

12:24:30 From Laurie Tims : Reacted to "Thanks, Brooke. I n..." with 👍

12:24:51 From Shonquella Terrell : Reacted to "How can we take th..." with ❤️

12:24:52 From Kendra Thurman : Reacted to "I love the concept t..." with 💜

12:24:58 From Becki Johnson : Reacted to "Thanks, Brooke. I n..." with 💜

12:25:02 From Mm : Can u link band advocacy support group?

12:25:07 From Shonquella Terrell : Reacted to "And you come to re..." with ❤️

12:25:14 From Shonquella Terrell : Removed a ❤️ from "And you come to re..."

12:25:24 From Joy Forrest : Reacted to "Thanks, Brooke. I n..." with 💜

12:25:44 From Joy Forrest : Reacted to "I love the concept t..." with 💜

12:26:07 From Laurie Tims : Reacted to "I love the concept t..." with ❤️

12:26:41 From Rebecca noel : I love Rebecca Davis "untwisting scriptures" 5 book series. Her books have been setting me free from toxic teachings from pastors, spiritual abuse, and misinterpreting scriptures.

12:26:49 From Kendra Thurman : Reacted to "I love Rebecca Davis..." with 💜

12:26:51 From Becki Johnson : Reacted to "I love Rebecca Davis..." with 💜

12:26:56 From Kendra Thurman : REMINDER: 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!!

12:27:42 From Shonquella Terrell : LOVE IT TABITHA

12:27:50 From Mm : Question ❓ Can u link band advocacy support group? Please and thank you

12:28:09 From Laurie Tims : Reacted to "LOVE IT TABITHA" with ❤️

12:28:26 From Judy Beachy : Therapy is a saving grace! 🙏

12:28:39 From Rebecca noel : Bruce Flemings podcasts have really opened my eyes about the truth of Genesis 2 and 3. Wow! Awesome!

12:28:48 From Kendra Thurman : "Tune-up with Tabi!"

12:28:50 From Becki Johnson : Reacted to ""Tune-up with Tabi!"" with ❤️

12:28:53 From Laurie Tims : Reacted to ""Tune-up with Tabi!"" with ❤️

12:28:56 From Becki Johnson : Reacted to "Bruce Flemings podca..." with ❤️

12:29:19 From Kendra Thurman : Replying to ""Tune-up with Tabi!""

Needs to be some merch! 😁

12:29:36 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to ""Tune-up with Tabi!""

Hahaha! So many shirt ideas!

12:29:47 From Kendra Thurman : Reacted to "Hahaha! So many shir..." with 🙌

12:30:23 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Can u link band advo..."

It's for anyone who has gone through intake and you receive the link when you sign-up for advocacy or support group.

12:30:39 From Shonquella Terrell : Amen:)

12:30:48 From iPhoneTina Lawson : With the Holiday season & feeling quite alone & grieving so much loss, this is a helpful "end of the year" class...

Such Wonderful Reminders ❤️

12:30:53 From Tabitha Westbrook, LMFT, LCMHC, LPC : You cannot take someone where you will not go yourself.

12:31:00 From Rebecca noel : I have a really good trauma therapist. I have been with her for almost two years. It took me many years to find a trauma therapist. She does EMDR too.

12:31:06 From Becki Johnson : Reacted to "With the Holiday sea..." with ❤️

12:31:06 From Joy Forrest : Reacted to "It's for anyone who ..." with 👍

12:31:10 From Shonquella Terrell : Reacted to ""Tune-up with Tabi..." with 👍

12:31:12 From Becki Johnson : Reacted to "You cannot take some..." with ❤️

12:31:12 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I have a really good..." with ❤️

12:31:14 From Kendra Thurman : Reacted to "You cannot take some..." with 💜

12:31:16 From Shonquella Terrell : Reacted to ""Tune-up with Tabi..." with ❤️

12:31:31 From Shonquella Terrell : Reacted to "With the Holiday s..." with ❤️

12:31:32 From Laurie Tims : I checked with a local shelter - \$17-18/hour for advocates to meet with people. But likely they would have you go through state training as well. I was looking at options in a few years when my homeschool boys are in school.

12:31:34 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I have a really good..."

That's so awesome! Good therapists are so worth it!

12:31:34 From iPhoneTina Lawson : Reacted to ""Tune-up with Tabi!"" with ❤️

12:31:47 From iPhoneTina Lawson : Reacted to "Bruce Flemings podca..." with ❤️

12:31:54 From Becki Johnson : Reacted to "I checked with a loc..." with ❤️

12:32:07 From Mm : Reacted to "I checked with a loc..." with 👍

12:32:10 From KAMILLA : Reacted to "I checked with a loc..." with ❤️

12:32:14 From KAMILLA : Removed a ❤️ reaction from "I checked with a loc..."

12:32:17 From Mm : Reacted to "I have a really good..." with 👍

12:32:28 From Joy Forrest : Replying to "Question ? Can u link..."

Mm, Brooke responded to your first question. Also, we talked about it earlier in class.

12:32:32 From Kendra Thurman : "Progress - not perfection!" - Tabi

12:32:48 From iPhoneTina Lawson : Replying to "Bruce Flemings podca..."

For me as well...

It's been my desire to be a TRUTH: seeker, liver & teller

12:33:03 From Joy Forrest : Reacted to "I checked with a loc..." with ❤️

12:33:14 From iPhoneTina Lawson : Reacted to "You cannot take some..." with 🙌

12:33:28 From Kendra Thurman : I forget where I first heard it, but I am working on improving 1% better each day in certain areas.

12:33:35 From iPhoneTina Lawson : Reacted to "I checked with a loc..." with 👍

12:33:36 From Mm : Walking and stretching helps sooooo much

12:33:45 From Becki Johnson : Reacted to ""Progress - not perf..." with ❤️

12:34:07 From iPhoneTina Lawson : Reacted to ""Progress - not perf..." with 🙌

12:34:19 From Joy Forrest : Replying to "I checked with a loc..."

True, they will make you do additional state training (for funding purposes), but I know I got hired and then they sent me for training.

12:34:25 From Mm : Ooooo trauma informed yoga!!! 🥰🥰🥰🥰🥰

12:34:31 From Joy Forrest : Reacted to "Bruce Flemings podca..." with 👍

12:34:43 From Joy Forrest : Reacted to "For me as well...

It's..." with ❤️

12:34:52 From Becki Johnson : Reacted to "True, they will make..." with 🤔

12:35:06 From iPhoneTina Lawson : Reacted to "Ooooo trauma informe..." with 👍

12:36:05 From iPhoneTina Lawson : Replying to "Ooooo trauma informe..."

Would like to find out more about this!

Little bit too cool for exercise in the 🌞 & pool!

12:36:34 From Keri Drowatzky : Keri Drowatzky here. Late.

How can I get to the parents support group for adult daughters in DV situations. My daughter is involved.

12:36:49 From Mm : Reacted to "It's for anyone who ..." with 👍

12:38:00 From Joy : Replying to "Keri Drowatzky here...."

QUESTION - Woah, the above question is a thing?

12:38:07 From Joy Forrest : Replying to "Keri Drowatzky here...."

Send an email to info@calledtopeace.org and we can add you to the list.

12:38:19 From Joy : Reacted to "Send an email to inf..." with 👍

12:38:28 From Kendra Thurman : Sometimes the unfollow button is your friend!

12:38:33 From Laurie Tims : Reacted to "Send an email to inf..." with 😊

12:38:37 From Joy : Reacted to "Sometimes the unfoll..." with 👍

12:38:48 From Judy Beachy : Reacted to "Sometimes the unfoll..." with 👍

12:38:49 From John : Reacted to "Sometimes the unfoll..." with 🤔

12:38:52 From Mm : Whats best for myself, love it!!

12:38:55 From Laurie Tims : Reacted to "True, they will make..." with 👍

12:38:58 From iPhoneTina Lawson : Horribly painful 😞 too have to be away from people that we "thought" were are family, that we loved!

But if not safe for me than I'm loving 🥰 me w' a boundary.

12:39:16 From Deborah Stahl Waters : Tabi so true re: Rest w/ being conditioned that it's not safe to do such

12:39:19 From iPhoneTina Lawson : Reacted to "Whats best for mysel..." with 🥰

12:39:21 From Judy Beachy : Replying to "Sometimes the unfoll..."

The Hide Comment option is fabulous, too.

12:39:25 From Rebecca noel : I love yoga, but, boy, my old bones creak and groan doing it. LOL

12:39:30 From iPhoneTina Lawson : Reacted to "Sometimes the unfoll..." with 🍷

12:39:38 From Kendra Thurman : Reacted to "Tabi so true re: Res..." with 💜

12:39:43 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I love yoga, but, bo..."

Chair yoga is my friend on hard body days!

12:39:49 From Deborah Stahl Waters : Reacted to Tabi so true re: Res... with "💜"

12:39:53 From Joy : Reacted to "Chair yoga is my fri..." with ❤️

12:39:57 From Mm : I have found cutting out toxic fam members = peace for my immediate family

12:40:13 From Deborah Stahl Waters : Removed a 💜 reaction from "Tabi so true re: Res..."

12:40:23 From Joy Forrest : Reacted to "I have found cutting..." with 👍

12:41:01 From Mm : Replying to "I love yoga, but, bo..."

Slow flow yoga too. 😊

12:41:04 From Rebecca noel : Reacted to Chair yoga is my fri... with "❤️"

12:41:12 From Mm : Replying to "I love yoga, but, bo..."

Tai chi too 👍

12:41:16 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I have found cutting..." with 👍

12:41:23 From iPhoneTina Lawson : Replying to "Keri Drowatzky here...."

@Joy Forrest good to know.

12:41:43 From Audrey Whitaker : I loved the conversation yesterday with all you ladies and this today, it is so needed for me personally lately.

12:41:53 From Becki Johnson : Reacted to "I loved the conversa..." with ❤️

12:41:59 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I loved the conversa..." with ❤️

12:42:23 From Rebecca noel : Reacted to Ooooo trauma informe... with "👍"

12:42:25 From Tara, Idaho : Except for coffee! My brain needs the coffee!

12:42:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Except for coffee! M..." with 👍

12:43:03 From Joy : Reacted to "I loved the conversa..." with ❤️

12:43:12 From Mm : Replying to "Keri Drowatzky here...."

12yrs ago

Autism Society had us picture peaceful setting, feel wind, hear leaves, i still see this picture to this day

12:43:19 From Joy Forrest : Reacted to "12yrs ago

Autism Soc..." with ❤️

12:43:27 From Tara, Idaho : Reacted to "Except for coffee! M..." with 👍

12:43:29 From Tara, Idaho : Removed a 👍 reaction from "Except for coffee! M..."

12:43:31 From Kendra Thurman : crafting, coloring books, doodling, ...

12:44:14 From gretchen sewart : Brain chemistry improvement: display a crackling fireplace on YouTube in my living room. Creates such relaxing ambiance!

12:44:28 From Kendra Thurman : Reacted to "Brain chemistry impr..." with 💜

12:44:36 From Joy Forrest : Replying to "Keri Drowatzky here...."

@Joy Yes, we have a group for family members of those living in domestic abuse.

12:44:42 From Joy Forrest : Reacted to "I loved the conversa..." with ❤️

12:44:47 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Except for coffee! M..."

Just finished my coffee with eggnog!! I feel like my first sip of coffee tells me Jesus loves me.

12:44:49 From iPhoneTina Lawson : I so can relate Brooke about the Christmas posts on FB about family...so painful right now 😞

It's helping me to Listen to Christian Christmas music 🎵🎶...a Gift 🎁 to me this Christmas season ❤️💚

12:44:51 From Becki Johnson : Reacted to "@Joy Yes, we have a ..." with 🤪

12:44:54 From Joy : new sweatshirt - "Oh look, I arted"...lol

12:44:56 From Joy Forrest : Reacted to "crafting, coloring b..." with ❤️

12:45:04 From Joy Forrest : Reacted to "Brain chemistry impr..." with 👍

12:45:10 From Tara, Idaho : Reacted to "Just finished my cof..." with 🤪

12:45:13 From Tara, Idaho : Removed a 🤪 reaction from "Just finished my cof..."

12:45:13 From Joy Forrest : Reacted to "I so can relate Broo..." with ❤️

12:45:20 From Tara, Idaho : Reacted to "Just finished my cof..." with ❤️

12:45:23 From Becki Johnson : Reacted to "new sweatshirt - "Oh..." with 👍

12:45:26 From Joy Forrest : Reacted to "new sweatshirt - "Oh..." with 😂

12:45:33 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "I so can relate Broo..."
Yes!! I have been watching Christmas comedies this year and laughing with my kids.

12:45:44 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "new sweatshirt - "Oh..."
with ❤️

12:45:49 From Karyn Russo : Reacted to "Just finished my cof..." with ❤️

12:46:01 From Kendra Thurman : Some survivors don't even know what they like to do because they had to conform to whatever her abuser wanted. Once they are safe, they can take the time to explore options.
Do I like Country music? Jazz? Hip Hop?

12:46:05 From Mm : Replying to "Keri Drowatzky here...."
Full ownership of THAT pair of pants. 😂😂😂😂

12:46:12 From Kendra Thurman : Reacted to "Full ownership of TH..." with 😂

12:46:14 From Mm : Reacted to "12yrs ago
Autism Soc..." with ❤️

12:46:15 From Shonquella Terrell : Keep envirnment SAFE for YOU:)

12:46:16 From Mm : Removed a ❤️ reaction from "12yrs ago
Autism Soc..."

12:46:19 From Joy : Replying to "new sweatshirt - "Oh..."
"I arted in my sassy pants" juvenile humor today

12:46:27 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Brain chemistry impr..."
Love this!

12:46:28 From iPhoneTina Lawson : Yes Tabi even the fa la la fake Hallmark movies 🎬 for me
right now...not helpful!

12:46:48 From gretchen sewart : Reacted to "Brain chemistry impr..." with 💜

12:46:49 From Deborah Stahl Waters : Reacted to Some survivors don't... with "❤️"

12:46:51 From Mm : Reacted to "Just finished my cof..." with ❤️

12:46:58 From iPhoneTina Lawson : Reacted to "Keep envirnment SAFE..." with ❤️

12:46:58 From Kendra Thurman : Reacted to "new sweatshirt - "Oh..." with 😂

12:47:07 From Becki Johnson : Christian music is my sacred space. Nobody wants to hear me sing, but when I'm alone in the car or my house, I can belt it out with worship music with no judgement or criticism. It brings me so close to the Lord.

12:47:11 From Joy : Reacted to "@Joy Yes, we have a ..." with 👍

12:47:12 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Christian music is m..." with ❤️

12:47:24 From iPhoneTina Lawson : Reacted to "Yes!! I have been wa..." with 🥰

12:47:36 From gretchen sewart : Reacted to "Some survivors don't..." with ❤️

12:47:47 From Laurie Tims : clutter and trauma. I've wondered if I have ADD because of my clutter.

12:47:56 From Joy Forrest : Reacted to "Christian music is m..." with ❤️

12:47:56 From Becki Johnson : Reacted to "clutter and trauma. ..." with ❤️

12:48:00 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Christian music is m..." with ❤️

12:48:10 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Yes Tabi even the fa..." with ❤️

12:48:11 From Judy Beachy : Reacted to "Brain chemistry impr..." with 💜

12:48:20 From Kendra Thurman : Same, @Brooke! 😂

12:48:21 From Mm : Replying to "new sweatshirt - "Oh..."

? Good resource for spatial organization and trauma w/o bringing others into personal spaces?

12:48:23 From Judy Beachy : Reacted to "new sweatshirt - "Oh..." with 😂

12:48:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Brain chemistry impr..."

I have a friend that does this and it's so cool!

12:48:27 From Judy Beachy : Reacted to ""I arted in my sassy..." with 😂

12:48:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Yes Tabi even the fa..."

Hallmark movies are never for me. Ever.

12:48:49 From Judy Beachy : Reacted to "Christian music is m..." with ❤️

12:48:57 From Mm : Reacted to "I so can relate Broo..." with ❤️

12:48:59 From Shonquella Terrell : Replying to "Keep environment SA..."
environment

12:49:00 From Becki Johnson : Replying to "Yes Tabi even the fa..."
Same!

12:49:06 From Mm : Reacted to "crafting, coloring b..." with 👍

12:49:10 From Karyn Russo : My natural ability is organizing. I can do it for most everyone except my self. My childhood friends Moms invited me over for dinners and sleepovers because my favorite thing to do was organizing.

12:49:44 From Kendra Thurman : Replying to "new sweatshirt - "Oh..."

@Mm, I follow "The Minimal Mom" on YouTube. She offers ideas on eliminating things you're not using and getting organized.

12:49:49 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "My natural ability i..."

That would be a great thing to barter - you organize for a friend, they organize for you!

12:49:54 From Joy Forrest : Reacted to "@Mm, I follow "The M..." with 👍

12:50:03 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to ""I arted in my sassy..." with 😊

12:50:14 From Melanie Haymond : Free online finance/budget course tailored for survivors. Financial Beginnings – <https://www.finabilityus.org/financial-toolkit/overview>

12:50:15 From Becki Johnson : My husband was so bad about finances, having the ability to control my own finances is so helpful to me. Being able to help others, or buy stuff for myself is healing.

12:50:21 From iPhoneTina Lawson : Replying to "I so can relate Broo..."

@Brooke Eggen, CTPM Advocate Coordinator just watched ELF 🧑🏻 & Macys Thanksgiving day parade @ work w' the lady I care for...

Realizing that I had NEVER watched those while they were playing in my house as I was too busy "DOING" for everyone else & not taking time enjoying for me 😊

12:50:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "new sweatshirt - "Oh..."

That's awesome! My friend is Bravelly Minimal. She's a therapist in Houston.

12:50:34 From Amy : Good for you Brooke!!

12:50:39 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "Free online finance/..." with ❤️

- 12:50:46 From Kendra Thurman : Reacted to "That would be a grea..." with 💜
- 12:50:56 From iPhoneTina Lawson : Reacted to "Some survivors don't..." with 😬
- 12:50:59 From Kendra Thurman : Reacted to "Free online finance/..." with 💜
- 12:51:06 From iPhoneTina Lawson : Reacted to "Some survivors don't..." with 🥰
- 12:51:08 From iPhoneTina Lawson : Removed a 😬 reaction from "Some survivors don't..."
- 12:51:26 From iPhoneTina Lawson : Reacted to "Christian music is m..." with ❤️
- 12:51:35 From Mm : Replying to "clutter and trauma. ..."

I think they mentioned in one class, trauma sometimes looks like ADHD, but ADHD meds do help me significantly but antidepressants do not

- 12:51:48 From Becki Johnson : Reacted to "I think they mention..." with ❤️
- 12:51:51 From Shonquella Terrell : Amen
- 12:51:53 From iPhoneTina Lawson : Replying to "Christian music is m..."

Me too 🙌🥰

- 12:51:58 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "I think they mention..." with ❤️
- 12:52:08 From Karyn Russo : Reacted to "Christian music is m..." with ❤️
- 12:52:18 From Laurie Tims : Replying to "clutter and trauma. ..."

I've wondered about if it might make a difference. Your comment is making me consider this . . . at least to see. . .thanks!

- 12:52:29 From Laurie Tims : Reacted to "Christian music is m..." with 💕
- 12:52:31 From Helenmary : Financially I recommend Bob Lotich with "Seedtime." He is really good, sees this as a ministry and has a very stress-free REAL BUDGET approach that is more do-able than Dave Ramsey--who I also appreciate. Bob and his wife have free interactive weekly Tuesday night vlogs, that might help introduce people to them. They have helped me so much--and have a lot of compassion. I paid for one of their programs and then couldn't do it due to the level of abuse and my dysfunction. They fully refunded my money and gifted me life-time access to the program, and have offered other personal consultation. They are not as well known, but have some great resources.

- 12:52:39 From iPhoneTina Lawson : Reacted to "Brain chemistry impr..." with 🥰
- 12:53:01 From Karyn Russo : Reacted to "I so can relate Broo..." with ❤️
- 12:53:09 From Karyn Russo : Reacted to "My husband was so ba..." with ❤️
- 12:53:35 From Karyn Russo : Reacted to "Free online finance/..." with 💜

12:53:52 From Melanie Haymond : If you don't like the Bahamas, try Belize!

12:54:12 From Kendra Thurman : I've recently started using the Libby app (public library) to read/listen to more books more conveniently and for free.

12:54:16 From Judy Beachy : Reacted to "If you don't like th..." with ❤️

12:54:43 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I've recently starte..."
YESSSSSS

12:54:47 From Brooke Eggen, CTPM Advocate Coordinator : The book that started my self-care journey:
<https://www.amazon.com/Burned-Out-Beloved-Wounded-Healers/dp/0830847952>

12:54:56 From Kendra Thurman : Reacted to "The book that starte..." with 💜

12:54:58 From Helenmary : Reacted to "If you don't like ..." with 😊

12:55:01 From Karyn Russo : Reacted to "That would be a grea..." with 💜

12:55:01 From Hannah Lippert : Reacted to "I've recently starte..." with 👍

12:55:10 From Helenmary : Reacted to "I've recently star..." with 👍

12:55:12 From Shonquella Terrell : Yes:')

12:55:14 From Mm : Reacted to "@Mm, I follow "The M..." with ❤️

12:55:14 From Amy : Reacted to "Financially I recomm..." with ❤️

12:55:14 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "The book that starte..."
I got this for my entire staff this year for Christmas.

12:55:15 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "I've recently starte..."
I use it everyday!!

12:55:25 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "The book that starte..."
@Tabitha Westbrook, LMFT, LCMHC, LPC Love!!!!

12:55:26 From Laurie Tims : Reacted to "I've recently starte..." with 👍

12:55:33 From Helenmary : Reacted to "My husband was so ..." with ❤️

12:55:36 From Joy : Replying to "I've recently starte..."
I'll look that up - thanks

12:55:46 From Helenmary : Reacted to "The book that star..." with ❤️

12:55:55 From Joy : Reacted to "I've recently starte..." with 👍

12:56:00 From Laurie Tims : Replying to "I've recently starte..."

Listening to a non-advocacy book called Stay - it's NOT about staying with an abuser!

12:56:07 From Laurie Tims : Replying to "I've recently starte..."

on Libby

12:56:20 From Shonquella Terrell : WOW

12:56:23 From Karyn Russo : Replying to "My natural ability i..."

I already do it at friends as therapy. Lol I get anxiety I must organize.

12:56:40 From Mm : Reacted to "That's awesome! My f..." with ❤️

12:56:50 From Helenmary : Reacted to "@Mm, I follow "The..." with 👍

12:56:53 From rose : 799 of what/whom?

12:56:57 From Kendra Thurman : Replying to "The book that starte..."

Just placed a hold on a virtual copy in Libby!

12:57:02 From KAMILLA : **Dr. Debra's email:** faith.advocacy8@gmail.com

12:57:05 From Laurie Tims : Reacted to "I got this for my en..." with ❤️

12:57:24 From Helenmary : Reacted to "Brain chemistry im..." with ❤️

12:57:26 From Mm : Reacted to "Yes!! I have been wa..." with 👍

12:57:38 From Shonquella Terrell : YEA!!

12:57:38 From Joy Forrest : Replying to "799 of what/whom?"

People who've taking at least one advocacy course.

12:57:48 From Helenmary : That's AWESOME Dr. Debra. Congratulations!

12:57:56 From Amy : Reacted to "I've recently starte..." with 😊

12:57:59 From Joy : Reacted to "That's AWESOME Dr. D..." with ❤️

12:58:01 From iPhoneTina Lawson : Missing my 3 daughters & 13 Grandkiddos & momma who just passed away 😞 ...

I had a women that accidentally (not, was a God thing)...come to my work & LSS, we talked for 2 hrs & she shared a sad situation w' her daughter being molested by her Pastor Grandpa...So had them over F & we went to a family fun 🥳 night of Hope @ a local church 🏰 ...Grateful for the connection ❤️💕

12:58:17 From iPhoneTina Lawson : Reacted to "That's AWESOME Dr. D..." with 🙌

12:58:18 From Amy : Reacted to "That would be a grea..." with 👍

12:58:29 From Helenmary : Reacted to "Some survivors don..." with ❤️

12:58:57 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "Just placed a hold o..." with 👍

12:59:08 From Amy : Reacted to "Missing my 3 daughte..." with ❤️

12:59:31 From iPhoneTina Lawson : Reacted to "Missing my 3 daughte..." with ❤️

12:59:32 From iPhoneTina Lawson : Removed a ❤️ reaction from "Missing my 3 daughte..."

12:59:47 From Helenmary : Replying to "Some survivors don..."

Good point--we lose ourselves. We have to re-discover who we are, or want to be.

12:59:55 From Kendra Thurman : Yes, Tabi - I keep an "encouragement file."

13:00:01 From Brooke Eggen, CTPM Advocate Coordinator : Here's a self assessment we used at CTPM this summer to gauge burn-out:

13:00:05 From Becki Johnson : Reacted to "Some survivors don't..." with ❤️

13:00:05 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Here's a self assess..."
<https://www.cru.org/content/dam/cru/train-and-grow/life-and-relationships/flesh-series-the-faster-scale.pdf>

13:00:26 From Judy Beachy : Reacted to "That's AWESOME Dr. D..." with ❤️

13:00:36 From iPhoneTina Lawson : Reacted to "Yes, Tabi - I keep a..." with 🤪

13:01:21 From Helenmary : It's OK--we learn so much from listening to you all and gleaning from your combined wisdom.

13:01:34 From Suzanne Jones : Learn to say no so you can say yes sometimes

13:01:37 From Laurie Tims : Reacted to "It's OK--we learn so..." with ❤️

13:01:44 From Angi Beery : Set time to meet with clients boundaries

13:01:47 From Brenda Carpenter : Revisit your boundaries

13:01:51 From rose : Reacted to "People who've taking..." with ❤️

13:01:54 From Marjorie Lea : Breathe, lots of breathing; set time schedule and boundaries

13:01:57 From gretchen sewart : Refer her to the advocacy GROUP

13:02:02 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Learn to say no so y..."

When you say "yes" you are saying "no" to something else.

13:02:04 From Tara, Idaho : I spend time with friends, usually over coffee

13:02:06 From Becki Johnson : Step back and evaluate your time. Make decisions with intentionality

13:02:11 From Shepherds In The Field : Unplug and get in loved one's face

13:02:16 From Kendra Thurman : Establish "office hours" verses personal time in my schedule. Keep the personal time as any other appointment.

13:02:22 From Laurie Tims : Reacted to "Establish "office ho..." with ❤️

13:02:24 From Tracy of PA. Merry Christmas everyone! : ANSWER: Journaling allows me output and allows me to see progress when I go back and read past dates

13:02:29 From Christine Felser : I've been bringing my thoughts to the "gift of limits," from Emotionally Heathy Spirituality by Pete Scazzero

13:02:32 From Pam Rook : Do something I enjoy!

13:02:36 From Nancy Kantsios : I have to have a certain amount of time at home in cozy clothes and no connectivity. No phones and no talking to anyone but God!

13:02:38 From iPhoneTina Lawson : As a caregiver for a living, I have a stay in my Jammie's day on weekend & or go to the Beach 🌴

13:02:38 From Angi Beery : physical self-care

13:02:46 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Establish "office ho..."
So good!!

13:02:47 From Laurie Tims : consider if the way I'm spending my time aligns with my own core values

13:03:00 From Deborah Stahl Waters : Reacted to Here's a self assess... with "❤️"

13:03:04 From Laurie Tims : Replying to "I've been bringing m..."
LOVE this resource!

13:03:04 From Kendra Thurman : Replying to "Establish "office ho..."
... and sometimes so hard!

13:03:06 From Amy : Have a "boundary accountability partner" in the beginning

13:03:30 From Kendra Thurman : Reacted to "consider if the way ..." with 💜

13:03:32 From Becki Johnson : Reacted to "Have a "boundary acc..." with 👍

13:03:35 From Karyn Russo : I had to figure out what I WANTED TO DO, WHAT I CAN DO. I always wanted to do more then I can.

13:03:37 From Deborah Stahl Waters : Reacted to I've recently starte... with "👍"

13:03:57 From Helenmary : Reacted to "I have to have a c..." with 👍

13:04:15 From Helenmary : Reacted to "As a caregiver for..." with 👍

13:04:18 From Helenmary : Reacted to "consider if the wa..." with 👍

13:04:18 From Becki Johnson : Refer her to DV Hotline

13:04:20 From Angi Beery : Thats the example I've been wondering about!!!

13:04:24 From Tabitha Westbrook, LMFT, LCMHC, LPC : My phone is on DND so I have no idea she texted until I'm back...

13:04:25 From Karyn Russo : Refer her to band

13:04:42 From Suzanne Jones : Hopefully you've laid out your boundaries in the beginning so you can refer back to that

13:04:42 From Marjorie Lea : If it actually seems like a crisis, give a few minutes, and refer to another

13:04:52 From Amy : Set her up with resources prior to vacation that she can check in with while you're away.

13:05:02 From gretchen sewart : Reacted to "Refer her to band" with ❤️

13:05:08 From Tracy of PA. Merry Christmas everyone! : It is good to learn that I don't need to be perfect, I don't have to feel I'm lazy if I'm not doing something at every moment. It's OK to take time for myself too

13:05:11 From Kendra Thurman : Prior to vacation, troubleshoot some things that could go wrong and how to respond. Connect her with another advocate/Band until you return.

13:05:21 From Amy : Reacted to "Prior to vacation, t..." with 👍

13:05:22 From Brenda Carpenter : Give her a referral person before the vacation.

13:05:30 From Karyn Russo : Reacted to "Give her a referral ..." with 👍

13:05:31 From Becki Johnson : Reacted to "Give her a referral ..." with 👍

13:05:32 From Amy : Reacted to "Give her a referral ..." with 👍

13:05:33 From Karyn Russo : Reacted to "Prior to vacation, t..." with 👍

13:05:42 From Tara, Idaho : Let them know ahead of time you will be unavailable and give them options if they need help while you are in vacation etc

13:05:48 From Karyn Russo : Reacted to "Set her up with reso..." with 👍

13:05:52 From Karyn Russo : Reacted to "It is good to learn ..." with 👍

13:06:13 From Christy Estelle : Rats! I have been here all class but forgot to put my name in the chat. Christy Estelle, NC.

Also love the realness of this class and what was shared. Thanks for this!

13:06:14 From Judy Caracheo, Crowns4Ruins LLC : I thought band was only for advocates in waiting??

13:06:16 From Tara, Idaho : Sometimes they still keep trying to call, tho

13:06:34 From Joy Forrest : Reacted to "Rats! I have been he..." with 👍

13:06:44 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "I thought band was o..."

There is a BAND for survivors now.

13:06:48 From Kendra Thurman : Replying to "I thought band was o..."

There's another one for survivors.

13:07:02 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Sometimes they still..."

That's okay. You can hold your boundary.

13:07:24 From Becki Johnson : Reacted to "That's okay. You can..." with 👍

13:07:59 From iPhoneTina Lawson : Reacted to "Rats! I have been he..." with 🥰

13:08:20 From Tracy of PA. Merry Christmas everyone! : QUESTION: If we are training to be an advocate but am still going through court ourselves (57 months after separation) should we wait to respond in band - are we too "in it" still?

13:08:41 From Shonquella Terrell : yes HE DOES:)

13:08:45 From Amy : Replying to "QUESTION: If we are ..."

Great question.

13:09:00 From Mm : Reacted to "Rats! I have been he..." with 👍

13:09:15 From Judy Beachy : This is one of the verses that I live from for the past 20 years. 🙏

13:09:25 From Kendra Thurman : If we do not get to answer your QUESTION during the live class, remember that Dr. Debra will annotate the chat, and you can read her response when she posts the links.

13:09:37 From Kendra Thurman : Reacted to "This is one of the v..." with 💜

13:09:45 From iPhoneTina Lawson : I now believe that "God isn't causing my pain, but can use it for my good & His Glory" ❤️

13:10:05 From KAMILLA : FROM THE CTPM ADVOCACY TRAINING TEAM: We wish each of you a wonderful and peaceful holiday season!! We hope to see many of you when we begin our next training year on January 9, 2024.

13:10:06 From Joy : Wanted to share a positive.. Lancaster County SC just immediately fired an officer when he was arrested for domestic violence against his wife. I don't know of any Called To Peace presence there.

13:10:20 From Deborah Stahl Waters : Dr Debra : Amen...re: your prayer for God's words to share

13:10:22 From Laurie Tims : Reacted to "Wanted to share a po..." with ❤️

13:10:30 From Tabitha Westbrook, LMFT, LCMHC, LPC : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:10:33 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "QUESTION: If we are ..."
This is a really good question to send to your Advocate Coordinator if you are affiliated.

If you are responding as another survivor, just know there are advocates who can answer and are there to answer as advocates. You can share what worked for you and be careful that you are not directive.

13:10:38 From Becki Johnson : Reacted to "Wanted to share a po..." with ❤️

13:10:46 From Becki Johnson : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:10:46 From Kendra Thurman : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:10:57 From Brooke Eggen, CTPM Advocate Coordinator : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:10:59 From Judy Beachy : Thank you, Joy, Dr. Debra, and CTPM team for another great year of training! 💜

13:11:04 From Kendra Thurman : Reacted to "Wanted to share a po..." with ❤️

13:11:04 From Rebecca noel : Thank you

13:11:08 From iPhoneTina Lawson : Reacted to "Thank you, Joy, Dr. ..." with ❤️

13:11:13 From Tara, Idaho : Reacted to "Thank you, Joy, Dr. ..." with ❤️

13:11:15 From Joy : Reacted to "Thank you, Joy, Dr. ..." with ❤️

13:11:16 From Tracy of PA. Merry Christmas everyone! : Reacted to Wanted to share a po... with "❤️"

13:11:16 From Shonquella Terrell : LET MY light Shine so someone That who is in NEED let my Light SHINE on THEM:)

13:11:21 From Tracy of PA. Merry Christmas everyone! : Reacted to Thank you, Joy, Dr. ... with "❤️"

13:11:36 From Tracy of PA. Merry Christmas everyone! : Reacted to FROM THE CTPM ADVOCA... with "❤️"

13:11:43 From iPhoneTina Lawson : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:12:09 From Christy Estelle : Reacted to "Establish "office ho..." with ❤️

13:12:18 From Karyn Russo : Replying to "My natural ability i..."

Hello Mm, Nice to meet you. My number is 516-255-7387. Will text you in the coming days. God bless you!

13:12:38 From Sheri Faber (Millenbaugh) : Question

What is the date Tabitha said for the next class? January 9, 2024.

13:12:39 From Marjorie Lea : Amen and Amen

13:12:39 From Deborah Stahl Waters : Happy Holidays Everyone! And Tku CTP staff for guiding/teaching us this 2023. Blessings & tender comfort to everyone during this Holiday time. 🙏👤

13:12:41 From Shonquella Terrell : Amen

13:12:42 From Amy Paquette : Reacted to "FROM THE CTPM ADVOCA..." with ❤️

13:12:46 From Tabitha Westbrook, LMFT, LCMHC, LPC : Replying to "Question

What is th..."

09 January 2024

13:12:47 From Brooke Eggen, CTPM Advocate Coordinator : Replying to "Question

What is th..."

January 9

13:12:56 From Erica : God bless you all!!

13:13:04 From Kendra Thurman : No Q&A for this course!

13:13:09 From Tracy of PA. Merry Christmas everyone! : Thank you for this very needed ministry it truly is a blessing!!!

13:13:10 From Tabitha Westbrook, LMFT, LCMHC, LPC : Merry Christmas y'all!!




13:13:16 From Joy Forrest : Reacted to "I now believe that "... with ❤️

13:13:23 From Erica : Reacted to "Thank you, Joy, Dr. ..." with ❤️


13:13:23 From Laurie Tims : I'm PROFOUNDLY thankful for you all!

13:13:24 From Kendra Thurman : Reacted to "Merry Christmas y'al..." with 🙏👤

13:13:25 From Karyn Russo : Happy Holidays ! Thank you for this wonderful gift of learning. ❤️

- 13:13:29 From Kendra Thurman : Reacted to "I'm PROFOUNDLY thank..." with 
- 13:13:31 From Marjorie Lea : Enjoy your break! Merry Christmas to all!
- 13:13:31 From Christy Estelle : Merry Christmas. Thanks for an incredible year of learning!
- 13:13:32 From rose : Thank you to all the leaders for another educational and enlightening year of classes! Merry Christmas!
- 13:13:38 From Joy Forrest : Reacted to "Thank you, Joy, Dr. ..." with 
- 13:13:43 From iPhoneTina Lawson : Reacted to "I'm PROFOUNDLY thank..." with 
- 13:13:45 From Rebecca noel : Merry Christmas!

Happy New Year

- 13:13:52 From KAMILLA : **Dr. Debra's email:** faith.advocacy8@gmail.com
- 13:13:52 From Shonquella Terrell : LOVE YOU ALL:)
- 13:13:55 From Joy : Thank you all!
- 13:13:55 From Becki Johnson : Thank you all for the trainings! Blessings to all over the break and wonderful holidays!
- 13:13:59 From Cathy Simmons Sage : Thanks to all of you! Merry Christmas!
- 13:14:11 From Mm : Removed a  reaction from "I checked with a loc..."
- 13:14:13 From Mm : Reacted to "I checked with a loc..." with 