This group is geared towards survivors of domestic violence this may be for you if: our groups are all inclusive.

Would you like to open up about your experiences/feelings with others who understand?

Would you like to feel empowered?

Wonder why you ‘can’t move on’?

Want coping tools and strategies?

Would you like to connect with others in a safe and healthy environment?

Would you like to learn more about self-care?

Doors open at Tuesdays 5-6:30 pm

For more information, contact: Micaela
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