

Domestic Violence Support Group



Mondays

11:00 am - 12:30 pm

In-person

For women, ages 18 and up



For intake, location and start date inquiries:

Call 925-449-5847 ext 2607

- **Reflect and connect with others in similar situations**
- **Learn about the dynamics of abuse**
- **Discuss the destructive impacts of abuse**
- **Practice self-care, improve your coping skills**
- **Break the cycle of violence as you work towards healing**