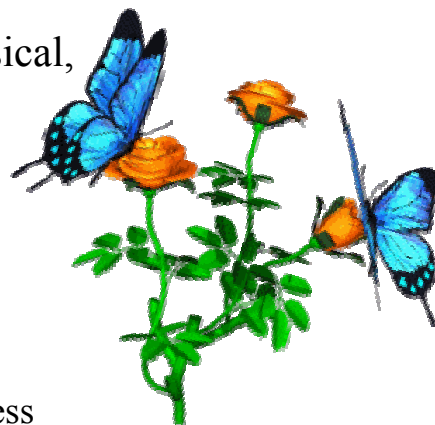




## YOU ARE INVITED

To a support group for women who have experienced or are currently experiencing abuse in a significant relationship.

Domestic Abuse can include physical, sexual, emotional and other controlling behaviors.



### **FOCUS:**

Power and Control issues,  
Assertiveness and Self-esteem  
Boundaries

Dealing with Feelings of Helplessness

“Staying in” verses “Getting out” of abusive relationships  
Safety Planning

How are my children doing? What happens when  
mom and dad are fighting?

**Please call and register no later than  
THURSDAY JULY 3rd, 2008**

**HANDS OF HOPE RESOURCE CENTER  
320-632-1657 or 1-800-296-1657**

**WHEN, WHERE AND TIME:** To be determined by group members,  
first meeting on Thursday July 10<sup>th</sup>, 2008  
5:30-7pm