



turn  
AROUND

*the first place to turn*

## Domestic Violence Support Group

### GROUP PURPOSE

The Domestic Violence Support Group is open to adult victims and survivors of domestic violence. It is an ongoing group and new members can join at any time. Group sessions will focus on helping members cope and heal from abuse as well as support each other on their journeys.

### CONTACT US

To sign up for group, please call our Towson office at 410-377-8111. You must complete an individual intake assessment before joining group.

Contact Cara Ditto, LCSW-C (410-377-8111) for more information regarding this group.

#### Topics Include:

- What is Abuse?
- Safety Planning
- Coping Strategies
- Effects of Abuse
- Breaking Through Isolation
- Self Esteem
- Impact of Domestic Violence on Children
- Healthy Relationships
- Assertiveness
- Moving On

TurnAround's 24 hour helpline

443-279-0379

### PARTICIPATING IN GROUP

Groups are scheduled to take place Tuesday evenings in our Towson office. However, day and time are subject to change. Please contact Turnaround, Inc. for more information regarding this group. There are NO FEES for TurnAround services.