



## ***Women's Abuse Recovery Group***

*A Recovery Group for women*

**By Allies in Change**

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*Improving Relationships ♦ Building  
Intimacy Strengthening Communication  
♦ Reviving Connections ♦ Rediscovering  
Happiness*

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***Thursdays at 6:30***

335 NE 18th Ave.  
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## ***Women's Abuse Recovery Group***

*A Recovery Group for Women*

### ***About the Group***

This group focuses on providing support to women who are either currently in or have been in an abusive relationship. Group members work towards recovery by learning about various forms of abuse and controlling behaviors and beliefs, while learning how to set clear boundaries, develop effective communication skills, and practice positive self-care. The group offers support for day-to-day living in addition to examining the challenges of relationships.

### ***Rates***

We offer reduced sliding scale fees based on income. Contact our office for details.