



Women's Abuse Recovery Group

A Recovery Group for women

By Allies in Change

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

Wednesdays at 6:00

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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. Our standard fee is \$85 per group session. Contact our office for details.