



Providing hope. Ending violence.

SUPPORT GROUP

Support for individuals who have experienced domestic or sexual violence as a child or adult

Group is for ages 18 and older

- Break the cycle of violence
- Recognize domestic violence warning signs
- Build self-esteem



- Learn to set healthy boundaries
- Improve strategies for self-care
- Offer support to others

Registration and Group are FREE!

- Must register by attending an intake session. Call the main office at 530-661-6336 or visit www.empoweryolo.org for intake hours.
- Childcare must be requested in advance & is based on availability.

*** Group also available in Spanish with enough participant interest***

Wednesday evenings from 6-7:20 p.m.

For questions and more information, call the Therapy Message Line: 530-665-5332

Empower Yolo | 175 Walnut St. Woodland, CA 95695 | Business: 530 661-6336 | www.empoweryolo.org

24/7 Crisis Lines - 530.662.1133 / 916.371.1907