

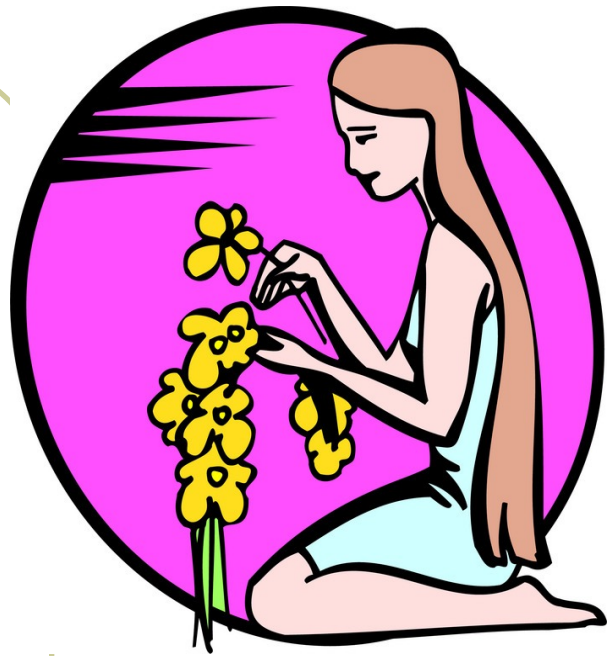
Domestic Violence Support Groups for Women Survivors

Operation Care is offering two 10-week support groups designed for women survivors of Domestic Violence. You will learn skills to help you cope with your past experiences while building healthy friendships and relationships. These groups allow a confidential setting to connect with other women who have experienced relationship abuse.

Topics include:

- Different types of Domestic Violence
- The Cycle of Violence
- The effects of Domestic Violence on children
- Diffusing your anger
- Taking time out for yourself
- Building healthy relationships

To reserve your space or for more information call Denise at 209-223-2897.



**10 Weekly Sessions
Days or Evenings**

Held at

**Operation Care
621 New York Ranch Road
Jackson, CA**

Call for dates and times.

OPERATION CARE

Sexual Assault & Domestic Violence Support Services

Since 1980

621 New York Ranch Road
Jackson, CA 95642
Phone: 209-223-2897
Fax: 209-223-2987
24-Hour Crisis Line: 209-223-2600
Toll free: 800-675-3392

Sponsored by Operation Care

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