Murray Mallee & Adelaide Hills Domestic Violence Service

invites you to

***Road to Wellbeing***

Supporting women affected by domestic violence

This is a safe and confidential 7 week group for women who…

* Know what it’s like to walk on eggshells around a partner
* Have felt threatened, controlled and manipulated in their relationship
* Want to find a way to make sense of these experiences

The group will make connections and explore…

* Some common experiences of abuse and violence
* Tactics of power and control
* Common myths about domestic violence and abuse
* Impact on children
* Ways to heal and move away from violence and abuse in your life

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| **When:** | **Fridays 23rd Februaryto 13th April 2018** |
| **Where:** | **Centacare, 55 Adelaide Road, Murray Bridge** |
| **Time:** | **10.30am-1.00pm** |
| **Cost:**  | **Free** |

**For more information or to register contact:**

**Anne or Pam at Centacare 8215 6320**