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 6 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

|  |  |
| --- | --- |
| **When:** | **Fridays 19th Octoberto 23rd November 2018** |
| **Where:** | **Centacare, Unit 6 2 Sturt Reserve Road Murray Bridge** |
| **Time:** | **10.00am-12.30pm** |
| **Cost:**  | **Free** |

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

**Anne or Pam at Centacare 8215 6320**