



## DOMESTIC VIOLENCE SUPPORT GROUP

If you are or have been in an abusive relationship or are affected by one, we want to support and help you. Trust Yourself offers a free, and confidential support group for those who have been impacted by domestic violence and sexual assault.

Trust Yourself groups are facilitated by trauma informed and experienced advocates/volunteers in a safe and supportive environment. Each session will cover topics designed to help individuals process their experiences with domestic violence and trauma to promote healing and develop healthier and more fulfilling lives.

Reflect and connect with others in similar settings.  
Feel empowered and celebrate your strengths.  
Explore ways to nurture healthy relationships.

**For safety reasons, additional details about the group will be provided after contacting us.**

(615) 502-0520

[Trust-yourself.org](https://trust-yourself.org)

[info@trust-yourself.org](mailto:info@trust-yourself.org)

**LOVE DOES NOT HURT.**

END THE VIOLENCE NOW.

