



8-Week Survivors of Domestic Violence

Intended for adult survivors of relationship abuse, also referred to as domestic violence, emotional abuse, intimate partner violence, relational abuse, or domestic abuse. If you experienced an abusive relationship & managed to leave, be proud of yourself, you have taken the first step. Now let's get you the help you need to recover.

- Understanding domestic violence & recovery.
- Empowering yourself.
- Letting go of guilt & shame.
- Handling stress & anxiety.
- Releasing anger.
- Changing how you talk to yourself.
- Healthy communication.
- Moving on to healthy relationships.