

## **SUPPORT GROUPS**

**When: Tuesday Evenings**

**Time: 6:30 - 8:00 P.M.**

**Where: Call DDVS/RCC office for Directions**

**Who: Open Group. Any female, 18 or over, who is a victim of domestic violence or sexual assault is welcome.**

What is a support group? Support groups are made up of people with a common issue meeting together to share feelings and experiences. When the group works well, members receive help in identifying feelings, understanding, relief from loneliness, and support in defining a new life direction.

DDVS/RCC has a domestic violence and sexual assault support group that meets each Tuesday night at 6:30. This is a confidential group meeting together to talk about experiences, fears, hopes, and dreams with others who have been victims.

Why join a support group? When stressful events take place in life, it is difficult to recognize the feelings generated by the stress. Talking about issues offers a chance to release these feelings and to understand what may have caused them.

Abusers often isolate their victims from friends and families. This leaves the victim alone with no way to express their fears and heartaches. As time goes by, being alone gives one a feeling of hopelessness. This hopelessness and fear continues to grow until the victim sees no way out.

Leaving a violent relationship is extremely difficult. It is lonely to think that no one understands. Being part of a support group gives the victim a chance to know others have experienced similar traumas. It is freeing to learn one is not alone, not crazy. These feelings are normal for a person caught in a violent situation. These feelings are normal for one who has been sexually molested or raped. The nightmares, the panics are normal. Being with others who have shared experiences, saying out loud what one feels, being heard, accepted, and understood are the best reasons for being in a support group. Sharing with others who understand begins the healing process. Once the journey is begun, then the road to recovery will follow.

Join us each Tuesday night from 6:30 - 8:00 p.m. Begin your journey. Share your experiences both for yourself and for others. The facilitators are members of the Davie Domestic Violence Services and Rape Crisis Center staff.