

Wellness Center

SUPPORT GROUPS AT WC&S:

Promote connections among survivors who have experienced domestic violence by providing a confidential & safe space for healing, without fear of judgement.

IS A SUPPORT GROUP RIGHT FOR YOU?

- Are you in a controlling relationship and aren't sure if "enough is enough"?
- Do you feel unsafe with a current or past intimate partner and need to focus on your emotional and/or physical safety?
- Do you struggle to understand why you STILL feel so angry, sad, hurt, and/or abandoned when the abuse and the relationship are over?
- Do you have a hard time saying "NO" to others, especially intimate partner(s) your life?

NEW VIRTUAL SUPPORT GROUP

Wednesday evenings starting
2/17/2021 from 5:00 p.m. to 6:00 p.m.

If you are interested in joining this group or learning about our other support group options, please call 412-687-8005.



Women's Center & Shelter
of Greater Pittsburgh