



# The Road Ahead: A Confidential Support Group for Victims of DOMESTIC VIOLENCE

Provided by the Shelter of Gaston County  
Facilitated by Janet

*The goal of this group is to offer education on domestic violence and explore its effects on victims and their children; as well as a place to heal, make sense of the abuse, increase self-esteem, plan for safety and move towards an abuse-free life.*

The topics of these CONFIDENTIAL sessions are as follows:

- ◆ **We're Walking the Same Road:** The cycle of violence, the warning signs of an abuser, and safety planning.
- ◆ **When it's Hard to Take Another Step:** Letting go of guilt and shame.
- ◆ **Your Children are Walking With You:** The effects of domestic violence on children from babies to teens, ways to support your children and help them heal.
- ◆ **Bumps Along The Way:** Healthy relationships, setting boundaries, and learning to be assertive.
- ◆ **You Decide Where Your Road Goes:** Building self-esteem, confidence, and getting to know yourself.
- ◆ **Taking a New Turn in the Road:** Learning how to set goals and make decisions.

This weekly, confidential support group meets to discuss issues surrounding the topic of domestic violence and aims to help victims as they walk this difficult road. It is held at a non-disclosed time and location; and all group members are required to sign a confidentiality agreement prior to participating. This group is for anyone seeking more knowledge about domestic violence, needing support in rebuilding their lives, or suffering with the effects of an abusive intimate partner relationship. This group is free of charge, however, group members must be pre-screened by the group facilitator prior to attendance.

**If you are interested in attending, please call the Crisis Line at 704-852-6000 and ask to speak with Janet.**