

# SAFE and SOBER

## Substance Abuse & Domestic Violence Peer Support Group

Do you **drink** or **take drugs** to deal with your life?

Does your partner **force** you to **use substances**?

Are you looking for support to stay **safe and sober**?

In this eight-week program, participants will:

- Learn the linkages between domestic violence and substance abuse
- Understand cycles of recovery and triggers for relapse
- Gain healthy tools for coping with stress and triggers

**TWO UPCOMING SESSIONS!**

**DATE:** Session 1: Every Tuesday from January 7 until February 18  
Session 2: Every Tuesday from March 17 until April 28

**TIME:** 3:00 - 4:30 pm

**WHERE:** Women In Transition  
718 Arch St, Suite 401N

**SIGN UP:** Call **LifeLine 215.751.1111**  
or email [witservices@helpwomen.org](mailto:witservices@helpwomen.org)



Free and open to people of all genders  
Play Care available for children ages 0-12