

SAFE and SOBER

Substance Abuse & Domestic Violence Peer Support Group

Are you seeing **linkages** between your drug and alcohol use and **intimate partner violence**?

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

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

In this seven-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

DATES: Every Tuesday from January 23 to March 5, 2024

TIME: 6:00 - 7:30 pm

WHERE: Virtually, via Zoom

SIGN UP: **FREE** and open to people of all genders
Call **LifeLine 215.751.1111**
or email Claudia at **CLeiva@helpwomen.org**



Women In Transition • www.helpwomen.org

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WIT LifeLine: 215.751.1111 • PDVH: 1-866-723-3014 (24/7 crisis hotline)