



Relationship Support Group for Women

In this support group, you will learn how to:

- Communicate effectively.
- Create and participate in healthy relationships.
- Recognize abusive behaviors.
- Recognize the signs of trauma in yourself and your children.
- Build self-acceptance and self-confidence.
- Develop a safety plan.
- Create a better life for you and your family.
- Gain value from the experiences of other women who are handling intimate partner issues similar to your own.

Location: St. Mary's Church, 219 Bean Ave, Los Gatos, CA 95030

Fee: No Fee. Donations welcome.

Dates: Weekly on Mondays, Ongoing

Time: 6:30 to 9:00 p.m.

Drop-ins Welcome

Facilitators: Sidney Mygatt, MFT and Monique Vazire, MFT

To participate in the group or for more information, please call Sidney Mygatt, MFT with Next Door Solutions 408-482-5112.

Next Door Solutions offers a full range of counseling services to break the cycle of violence in intimate partner relationships in order to provide individuals and families with relationship experiences that are healthy, adaptive, loving, and caring.

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