

# *Empowerment Center Support Groups*



## ***You Are Not Alone-*** *Tuesdays and Wednesdays*

*A support group for those women interested in connecting with other women and working through the healing process.*

## ***CYF Mom's Group-*** *Tuesdays*

*A support group to assist moms involved in the CYF (Children, Youth, and Families) system through education about the effects of Domestic Violence on children and healthy discipline strategies.*

## ***Domestic Violence 101-*** *Thursdays*

*This support group focuses on Domestic Violence education in a supportive and nurturing environment.*

*If you are interested in learning more about our support groups and how you may become involved in one, please call Women's Center & Shelter's 24-hour hotline at 412-687-8005. All services are free and confidential.*