

"There is no greater agony than bearing an untold story inside you"
-Maya Angelou



Are you feeling afraid in your relationship?

Does your partner ever control what you do, who you see or talk to, or where you go?

Does your partner call you names, put you down or yell at you?

If your answer is yes to any of these questions, you might be in an abusive relationship.

Have you left an unhealthy or abusive relationship and are having conflicted feelings?

There is help. You are not alone.

Domestic Violence Support Group

Community Resource Center provides a confidential and free **virtual/online** support group.

The Domestic Violence Support Group provides a safe and relaxed environment for those who are or were in an abusive relationship, encouraging personal growth and healing in all areas of life.

Meets Tuesdays from 11:00am-12:30pm

To join a group or to learn more, please contact:

Lisa O'Conner Riddle, MS, LCSW lic #27357
(760) 546-2404 or lriddle@crcncc.org

24-hour Domestic Violence
Hotline: (877) 633-1112
CRCNCC.org



Community Resource Center is a nonprofit organization that provides an emergency domestic violence shelter, counseling, food and nutrition services, case management and more.